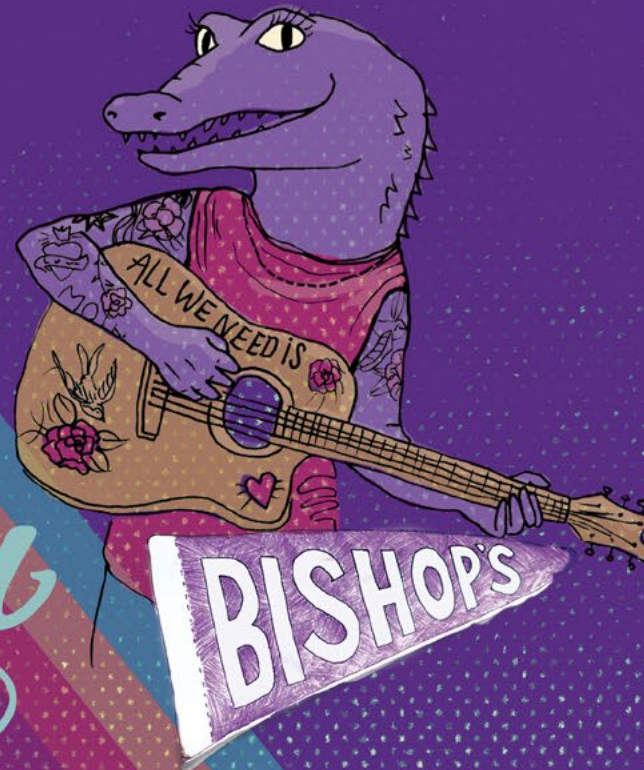


# Be *You* @ B.U.



WRITTEN

FOR STUDENTS,

BY STUDENTS

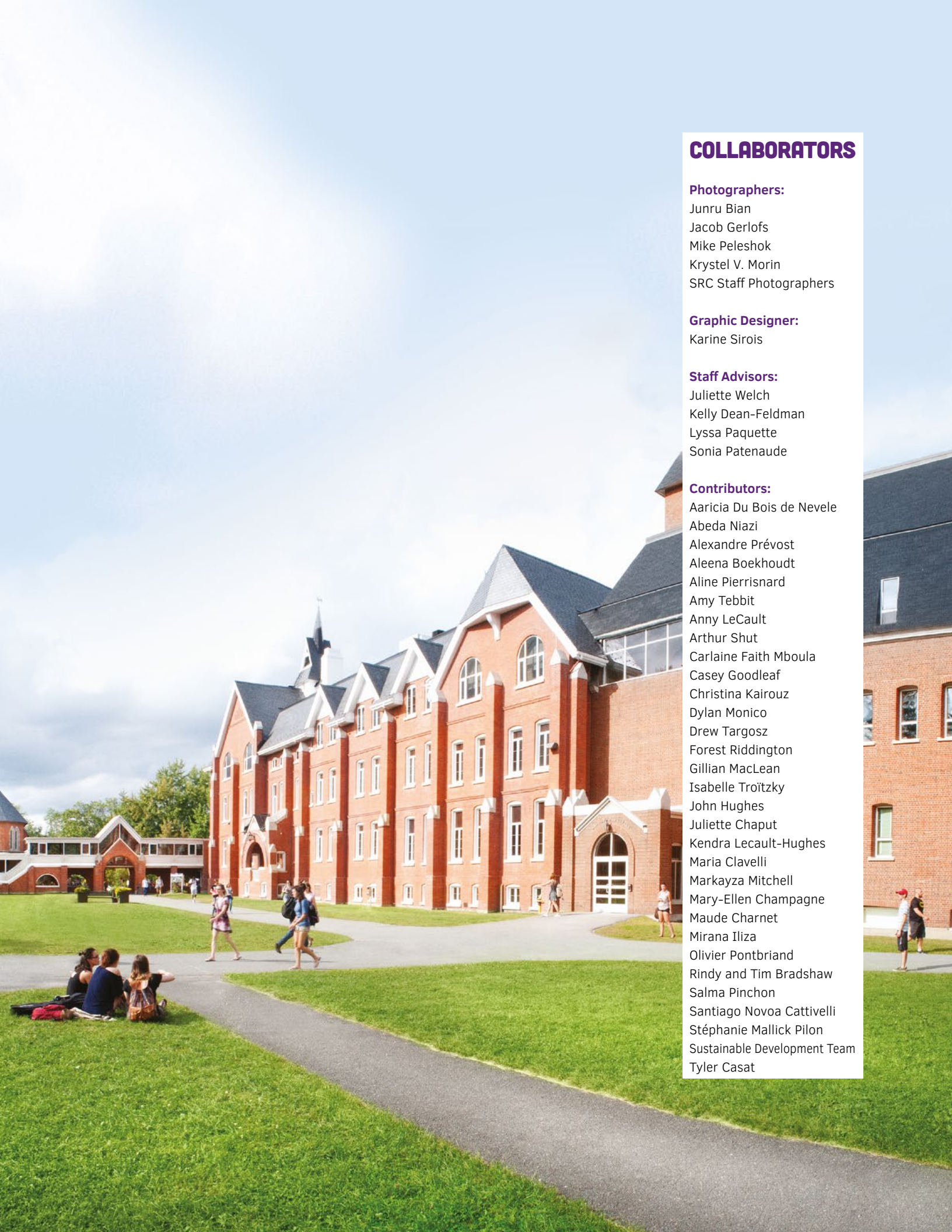


UNIVERSITÉ  
**BISHOP'S**  
UNIVERSITY

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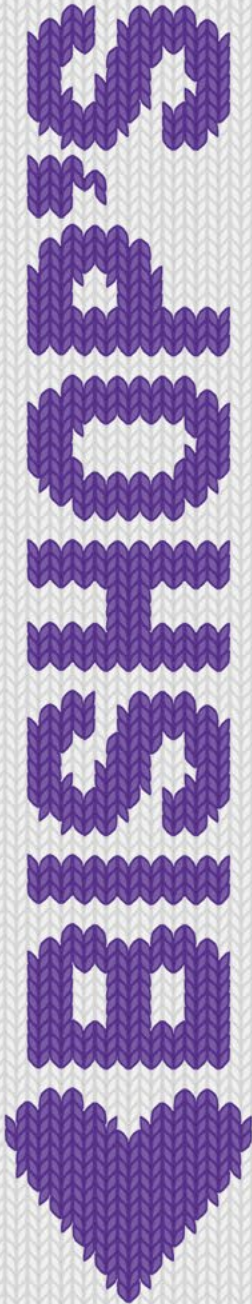
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## A WORD FROM THE PRINCIPAL

Hello, and welcome to Bishop's University!

*Be You @ B.U.* magazine is a guide written by students, for students. By the time you flip to the last page of this guide, I hope we'll have shown you the myriad possibilities that await you at Bishop's University and convinced you that you too can carve your niche here.

Higher education shouldn't just prepare you to fit in: It should challenge you to grow by stretching your horizons every day. At Bishop's, we have created a learning environment where your confidence in what is possible will expand daily. You will discover who you can become and how you can build the skills to move forward in an evolving world.

Three pillars underpin the Bishop's educational model: First, we believe in an education that offers depth and breadth. A flexible, multidisciplinary education that encourages students to explore and that prioritizes growth—both academic and personal—prepares you to think critically and contribute meaningfully to the world. You're encouraged to step beyond what you know and discover what you could become, and we will support you on this journey.

Second, our position as an English-language university in a francophone region of Canada makes our University a unique, culturally rich environment where you can build adaptability and confidence. Our students learn to connect across perspectives and grow through navigating differences in a safe, accommodating space where all are welcome, regardless of background.

Last, Bishop's is a community that lifts students up. Our small campus fosters a dynamic, vibrant student experience, a deep sense of belonging, and Gaiters pride—and the connections you make at Bishop's endure through an alumni network that stays involved well beyond graduation.

We would love to welcome you to our beautiful campus so that you can experience for yourself what makes Bishop's unique and see how we are poised to help you achieve your highest ambitions.

I hope you enjoy this magazine, and I sincerely hope to meet with you soon.

Your Principal,  
Sébastien Lebel-Grenier,  
and the entire Bishop's community



Sébastien Lebel-Grenier



# GAITER GAB:

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

## The Quad

The Quad is the heart of the B.U. campus, framed by McGreer, Johnson, the Library Learning Commons, Bandeen, Norton, and Pollack buildings. 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.

## The Dep

A term you'll quickly get to know: it's what we call our convenience stores in Québec! The Dep comes from the word "*dépanneur/dépanner*," which means to accommodate. There are two main ones in Lennoxville to help you out during late-night study sessions.

## 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 that give 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 life-blood 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 B.U. 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 B.U. is still only 130 students and the average is less than 40 in first year!

## The Plex

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

## Students' Representative Council (SRC)

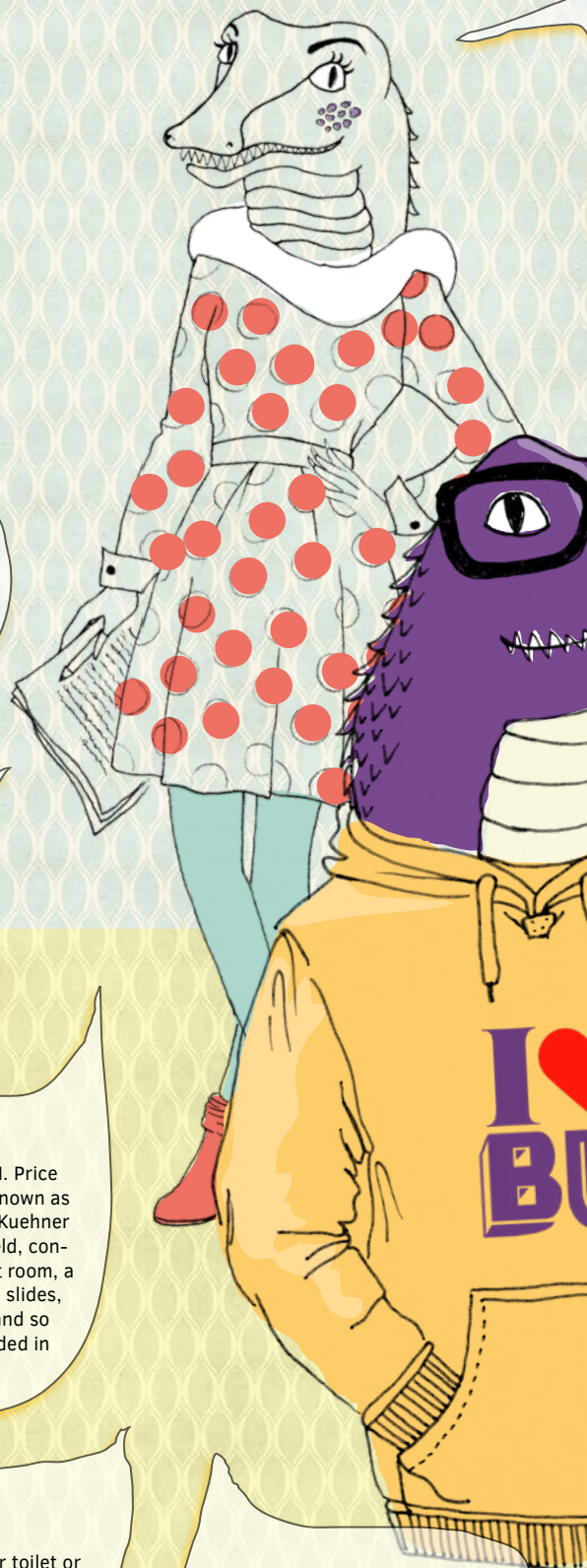
The Bishop's University Students' Representative Council, SRC for short, is a non-profit student-run organization with a mandate to represent and to amplify the voices of students, not only at the university, but also at the provincial and national level. We strive to make your Bishop's experience the best it can be from the first day of Orientation Week to the last day of Convocation weekend. Founded in 1893, we have been making Bishop's awesome ever since!

## 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.

## The Principal

Most universities have a President, but Bishop's is one of the few Canadian universities that still uses this British title for the head of the university. You'll meet the Principal at least once during your first week at Bishop's, as you serenade the Principal with the school song.



### **Kwigw8mna**

*Kwigw8mna*, which is an Abenaki word meaning “our house and yours,” is the name of the new Indigenous Students’ Gathering Space and Resource Centre. An iconic campus building, Divinity House, which had served many different purposes over the years since 1892, was transformed into a space dedicated to Indigenous students, learning, healing, reconciliation, and understanding.

### **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. It’s also a place of nostalgia for the majority of upper-year students.

### **Raise a Toast**

The opening lines to the adopted school song repeated everywhere from T-shirts to email signatures. It’s the unofficial slogan of the university, a common greeting, and the easiest way to say “Bishop’s” without actually saying “Bishop’s.”

### **Winterfest**

Winterfest occurs in mid-February to welcome all Gaiters back to B.U., in true Canadian style. The weekend includes outdoor concerts and shows at the Gait, a day of winter festivities on campus and in Lennoxville, and street hockey and the famous B.U. Rail Jam (ski and snowboard trick competition) in the Quad.

### **Doolittle’s Co-op**

Textbooks? Covered. Study snacks? Covered. Residence essentials? Covered. Purple clothing? Covered. Doolittle’s Co-op is the on-campus convenience and bookstore located in the Student Centre. Membership is \$25 and valid for life!

### **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.

### **The Lights**

“Meet at the lights?” is probably a phrase you will hear frequently and even come to utter yourself. “The Lights” are the main set of lights in Lennoxville, at the intersection of Queen and College streets. They are marked by popular sites such as The Lion Pub (Le Lion d’Or), the Lennoxville Library, Subway, and the Hope Community Church.

### **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 lounge, open for Quiet-Night Tuesdays, Happy-Hour Thursdays, and Gait Night Saturdays, as well as academic wine and cheeses, speaker events, and other special get-togethers.

### **The Purple Pod**

The Purple Pod is one of our campus’ newest eateries. Located in the newly renovated Student Centre, the Purple Pod offers a wide variety of food options from all-day breakfast burritos, tacos, burgers, pizzas, poutine, smoothies, and more! Those on a campus meal plan can also use the Purple Pod as a great grab ‘n go option when on the run or as a late-night option. We recommend trying the breakfast poutine – you’re welcome!

### **Homecoming**

Homecoming, or HoCo, is probably a word you have heard before, but you 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 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, The Purple Pod, Mail and Print Services, counselling services, Career and Transition Services, and more.

### **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.





# 0-WEEK



# THIS IS THE

# Welcome to the BISHOP'S FAMILY!

My name is Carlaine Faith Mboula. My roots are Gabonese, but I grew up in Saint-Eustache, Québec, which is a suburb of Montréal. I am currently in my third year in the Elementary Education program. I am graduating in a year. I am excited to be the teacher I always aspired to be. Coming to Bishop's was the best decision I ever took because my experience has been rich in connections and memorable moments.

I decided to come to Bishop's because it was the perfect school in a small town away from Montréal. **One of the reasons I chose B.U. is because it recognized several of my CEGEP credits, which made my course load more manageable during certain semesters.**

During my first year, I chose to live in a residence, and I truly believe it is one of the best decisions you can make. **Residence helps you find your people.** You might even be lucky enough to build an amazing friendship with your roommate. My advice: don't limit yourself to only one group of friends. Talk to people in your classes, at events, and even in the dining hall. **The connections you make here often happen when you least expect them.** This year is my third living in residence. I am living in an apartment-style hall called Pater-son. There are four rooms, a common area, a kitchen, and two bathrooms. I recommend apartment-style living when you have trustworthy people to live with, which makes the experience more enjoyable.

I'm someone who enjoys being involved and meeting new people, so I joined a club called CASA (Caribbean African Student Association). The club hosts events throughout the year and encouraged me to volunteer and participate in campus

life. When the executive team graduated in my second year, a few students and I took the opportunity to rebuild the organization. Together, we rebranded it into PULSE – People United for the Love of African and Caribbean Culture.

Through PULSE, my team and I organize both educational and social activities that celebrate culture, community, and inclusion. When you arrive on campus, you may see or even participate in some of our events! **Being involved helped me grow in confidence, leadership, and organization, and it made Bishop's feel less like a school and more like a home.**

*At times, diversity on campus can feel a bit like a hide-and-seek game – you have to look for your space and your people. But I promise you, you will find where you belong. There is a place here for everyone.*

My biggest recommendation: say yes to opportunities. Go to events even if you feel shy at first. Introduce yourself to people. University is not only about classes; it's about discovering yourself, building friendships, and creating memories that you will carry long after graduation.

I hope Bishop's becomes as meaningful to you as it has been to me. I look forward to welcoming you on campus.



Carlaine Faith Mboula

**Carlaine Faith Mboula**  
Hometown: St-Eustache,  
Québec, Canada  
3rd-year Education



*Go Gaiters!*

# A Few Things I Wish I Knew in My 1st Year

**Get involved.** The easiest way to make the most of your experience at Bishop's is to get involved in the community. From O-Week and Homecoming to departmental events and the Donald Lecture Series, there's always something going on! Don't be afraid to step out of your comfort zone and experience all that Bishop's has to offer.

**Making friends is easier than you think.**

Everybody is in the same boat the minute they step on campus, so don't be afraid to put yourself out there! There are plenty of O-Week events geared towards helping you make friends, but also don't be afraid to spark up a conversation with your neighbours or your classmates.

**Get to know your professors.** That's one of the benefits of our small class sizes! It will really come in handy when you need extra help with an assignment or a recommendation letter.

**Stay active!** Take advantage of the gym, or simply go for a walk on one of the beautiful nature paths that cross through our campus. Your body and your mind will thank you!

**Looking for a job? There's plenty around!** Whether it's the SRC, *The Campus Newspaper*, Dining Services or professors themselves, there's always someone hiring on campus. Applying is easy, and it's always nice to have a bit of extra spending money.

**Take a course outside of your main area of study.** It'll help you meet new people and discover new interests. Who knows, you could find a new minor or even switch majors!

**Feed your social life.** Sports, and drama, and clubs, oh my! Even when you are swamped with schoolwork, attending a social gathering (sports event, club meeting, a drama show, etc.) once a week can be a beneficial pace-changer for your mental health.

**Go off campus once in a while.** Lennoxville is beautiful and quaint and full of hidden gems, as are the Eastern Townships. Downtown Sherbrooke is also only a short bus ride away; you could check out the mall, see a movie, or try out a new restaurant.

**Use the resources available to you.** Bishop's offers many resources and services to help students with whatever they may need. From counselling and tutoring to the health clinic and the peer support centre, don't be afraid to reach out; we all need help at some point.

**Focus on lifestyle compatibility over personal interests** when applying for residence.

**Sign up for clubs.** There are so many clubs on campus. Something is bound to catch your eye. If nothing does, don't sweat it. It's super easy to start a club of your own.

**Use your professors' office hours.** Your professors want you to succeed! Let them help you become a better student!

**Attend your classes.** I'm not going to deny the appeal of sleeping in, but going to class is crucial to understand material. Classes are small, so the professors will notice both your absence and your presence.

**Wait until classes start before buying your textbooks.** Don't rush into it. Your professors will tell you if you can use an earlier edition or use a different version. You may even be able to rent the book instead of buying it or end up dropping the class all together.

**Get creative at Dewies.** There are many options available for you on the daily, but don't be afraid to experiment either. There are always different ways to spice up a meal.

**You can take a weekend off!** Take some time off assignments and course work to discover Montréal, Québec City, or even the States! Boston is only 4 hours away, and there's only a 6.5-hour road trip between campus and New York City.

**Looking for drama?** The Drama Department's theatre festivals are open to anyone to get involved in, on stage or backstage! There are two festivals every year, as well as four productions, which make for a wonderful night of theatre on campus.

**Bring costumes, something fancy, and winter gear!** Here at B.U., we like dressing up. Whether it's Halloween costumes, retro winter gear for Winterfest, or fancy attire for Gait Gatsby and departmental mixers, be ready to look your best! Do I bring everything purple that I own? The answer is **MOST DEFINITELY!**

**Call your parents once a week, even if it is just to check in.** They'll want to know how you are doing and hear all the new stories you'll have to share. University is as big a change for you as it is for them!

**Take time for yourself.** Don't be afraid to say "yes," but don't be afraid to say "no" either! It's easy to get caught up between classes and student life, so whether it's sleeping, working out at the Plex, or just spending some quality time alone, make sure you're taking care of yourself.

Plan your exchange in your first year!!



Hey! I got your back!



## SALUT, GAITERS!

My name is Drew Targosz, and I'm a second-year student from Ontario, Canada, double-majoring in Sports Studies and History. If you had told me a few years ago that I'd be thriving in the heart of Québec's Eastern Townships, I might not have believed you.

**MY BISHOP'S STORY DIDN'T START WITH A CLEAR PLAN; IT STARTED WITH RESTLESS CURIOSITY AND A DESIRE FOR A CLEAN SLATE. I CHOSE BISHOP'S BECAUSE I WANTED TO TRADE THE FAMILIAR FOR THE UNKNOWN.**

Aside from my mom being a proud alumna, I had no real ties here. I wanted to step away from the shadows of high school expectations, immerse myself in a new culture, and prove to myself that I could build a life on my own terms.

I still remember exactly how that first night on campus felt. After my parents drove away, the silence of the residence room felt heavy. You're sitting there, hundreds of kilometres from home, staring at the walls of a room that doesn't feel like yours yet. The blueprints for your life are completely blank, and you're pretty much locked in your room alone, trying to figure out what you're going to do for the next four years of your life. It's a terrifying kind of freedom realizing that you are the only one who can decide who you're going to be in this new world.

O-Week changed everything. It was the point where I could finally step out, meet people, and explore every opportunity given to me. I vividly remember looking at the people moving in at the exact same time as me. In those first few hours, we

were total strangers, but by the end of the week, they had become my closest friends. From facing challenges together to the rush of friendly campus competitions, those moments were the paths I needed to grow. Because of that experience, I've dedicated myself to being a pillar for this community. I am active in the Bishop's University History Association (BUHA), B.U. Snow, and the Outdoors Club, and I work on campus for Safe Drive because I want to be the person who others can rely on. I got involved as an O-Week leader this year, and hopefully will be for years to come, because I want every student to find the connections I found here.

**THE PEOPLE I'VE MET AT BISHOP'S ARE NOW THE FAMILY I WOULD DO ABSOLUTELY ANYTHING FOR.**

**WHAT SURPRISED ME MOST IS HOW THIS COMMUNITY CATCHES YOU. WHETHER YOU'RE GRINDING THROUGH A LATE-NIGHT STUDY SESSION FOR A BIG TEST OR STUCK HALFWAY THROUGH WRITING A MAJOR PAPER, SOMEONE ALWAYS HAS YOUR BACK.**

I love this place so much that I decided to add a second major. I started in Sports Studies, but I fell in love with the environment here and wanted to stay longer, so I took on History as well. Bishop's is giving me so much more than just the degrees I'm working toward – it is where I am growing from a student into the man I'm supposed to be. As I look toward my third year, I'm even preparing for an international exchange, a leap of faith I never would've imagined taking before Bishop's. It gave me the space to find my own path and become the best version of myself. To anyone looking for a home that pushes you to be more: this is it.

**NOW AND FOREVER, I #BLEEDPURPLE**



**Drew Targosz**

Hometown: Kitchener, Ontario, Canada  
2nd-year Sports Studies / History

# A PARENT'S PERSPECTIVE: IN GOOD HANDS AT BISHOP'S

As we prepared to watch our daughter Néva take her first big step away from home, I couldn't help but remember my own move to uni at her age. I felt that same blend of excitement and nervousness – the joy of seeing a child spread their wings mixed with the natural worry any parent feels when their first child leaves home.

Having studied business myself and completed an exchange abroad and several internships, I wanted Néva to have the same kind of rich, formative experience – one that opens doors academically, socially, professionally, and internationally. Bishop's offers exactly that. It also meant she could continue her studies in English, a language she embraced when we lived in the UK and that she continued through CEGEP.

Coming from an entrepreneurship program in CEGEP, Néva was torn between marketing and finance, but the marketing program instantly appealed to her. Add to that the comfort and proximity of residence life, the charm of the beautiful Victorian main building, and the modern facilities, and it all felt just right.

From the moment the whole family arrived on move-in day, we witnessed the welcoming spirit that makes Bishop's so special. Everything was impeccably organized. An entire team of student athletes whisked away her bags, boxes, and suitcases with contagious smiles. We hardly had to lift a finger. And the parent session with the academic and administrative

teams that followed really put our minds at ease. From campus security to international programs, residence life, health, and mental wellness services, it was clear that our daughter would be cared for on every level.

Despite all the changes, our daughter has settled in well. She enjoys life in her Munster room, has made good friends, and fully embraces the B.U. spirit – from going to the gym in the excellent sports centre to taking part in Orientation Week and Winterfest activities and enjoying Thursday nights at the Lion's Pub with friends. She also appreciates the peaceful, nature-filled campus where deer often wander near her residence. Through it all, she has found a healthy balance between studying and enjoying university life.

Néva is exploring the possibility of participating in an exchange program and completing a marketing internship through the co-op program, opportunities she is pursuing with useful guidance.

Bishop's University has surrounded our daughter with warmth, support, and opportunities.

**To all parents wondering if their child will be in good hands at Bishop's: the answer is yes!** Your child will learn, grow, and live experiences that will shape them for life.

**Isabelle Troitzky**  
Mother of 1st-year student  
Néva Lauzier  
Hometown: Saint-Lambert,  
Québec, Canada



Néva's family



# LIFE IN RESIDENCE

## BECOME A PART OF AN AMAZING COMMUNITY!

Living on campus is THE Bishop's experience. Community living immerses students in a dynamic social environment, promoting collaboration, cultural exchange, and the development of essential life skills within a supportive and inclusive atmosphere.

The Residence Life team provides a welcoming environment, support, and resources to students. From organizing engaging events and activities to offering guidance, we aim to create a vibrant and inclusive community that fosters growth and success.

### PEER SUPPORT

**RESIDENT ASSISTANTS (RAs) AND SENIOR RESIDENT ASSISTANTS (SRAs)** are student peers who live in the same buildings as residents and are an integral part of the residence community. They are there to actively listen, **help foster social connections, and respond in emergency situations.**

- Confidential peers to talk to for emotional support.
- Organize events and workshops for residents.
- First aid-certified.
- On duty at night to ensure everyone's safety.
- Great at letting residents know what kind of resources are available on and off campus.
- Ensure everyone's experience is both safe and fun.

### COMMUNITY LIVING

You will feel a sense of belonging to the community and learn to participate in the creation of spaces that **foster meaningful connections.** You will form **healthy, supportive communities** that make a difference to the lives of those around you and will bravely stand up for the rights of yourself and those around you when necessary.

### EVENTS AND WORKSHOPS

RAs and SRAs facilitate many experiences for you to participate in and that will help you make lifelong friendships!

### HOUSE CUP

Life in residence is an **active experience**; that's why Bishop's provides challenges and learning opportunities outside of the classroom. You have an opportunity to gain points for your community by **participating actively and positively contributing** in experiences that will lead your residence building to VICTORY!

### LIVING LEARNING COMMUNITY

#### FRENCH IMMERSION FLOOR

A living learning community (LLC) is a program offered in residence halls and dorms that brings students that **share common interests together.** It helps the participants share an identity, a vision and goals that will be accomplished by the supportive environment that an LLC provides. Learning through engagement, community living and offered resources helps the students of a living learning community in their personal growth. Through activities, workshops, off-campus excursions and more, students will foster a sense of community, develop leadership skills, and connect with other residents.

Depending on the number of participants, the French Immersion LLC provides an immersive experience of Québec culture and the French language. A dynamic and inclusive environment will be created to offer the participants a way to **gain language proficiency and increase their appreciation of the culture** they will live in through their university years.

# WELCOME TO OUR RESIDENCES

**LIVING IN RESIDENCE IS A KEY ELEMENT OF THE BISHOP'S EXPERIENCE. WHAT BETTER WAY TO MAKE MEMORIES THAN IN A BRAND-NEW ROOM WITH FRIENDSHIPS THAT'LL LAST A LIFETIME?**

## ABBOTT

Abbott, where do I even start? Starting my Bishop's experience in Abbott was one of the best decisions I made. As I was far from home for the first time and was a little intimidated by traditional-style residence (I love traditional style as well, having lived in Mackinnon during my third year!), living in Abbott was a great way of having the experience of residence while still having a semi-private washroom. In my case, because I was in a double room, I had to share my washroom with an amazing roommate and an amazing bog mate. I believe that Abbott is the best-located residence on campus because it is conveniently located a few steps from Dewies, about one minute away from the Plex, three minutes away from the Student Centre, and less than 10 minutes away from everything else on campus. I have met some incredible people in Abbott, and I have wonderful memories in this building that range from spending all day (and night) studying in one of the study rooms to staying up all night watching movies in the basement. You will not regret living in this wonderful residence building.

**Aleena Boekhoudt**

Program: Bachelor of Arts - Sociology Concentration in Criminology, Law and Social Policy  
Hometown: Paradera, Aruba

## KUEHNER

Kuehner (pronounced "keener") is home sweet home to a medley of new and returning students. Located on New Side, this residence hall is closest to the Sports Plex and just a short walk from your academic classrooms, the Dewhurst Dining Hall, and the Student Centre. Whether you're heading to class or meeting up with friends, everything you need is within easy reach. You're never in a hurry, as the resources you need are right at hand. The best thing about Kuehner is the thriving community—hands down. Equipped with common rooms and a basement with pool and ping-pong tables, life in Kuehner is always thriving and jam-packed with activity. Once you move in, you won't have trouble fitting in! After all, your Resident Assistant is just a few steps away, ready to give you advice and support. Whether you are an early bird or a night owl, coordinating with your roommate is key to avoiding waking each other up, especially during the hectic midterm season! Once you move in, don't be afraid to reach for the stars—I can certify that once you're here, you will be awed by the campus, and you'll leave with wonderful friends and fond memories.

**Arthur Shut**

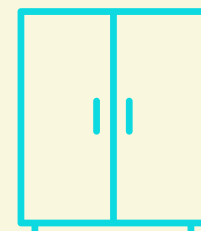
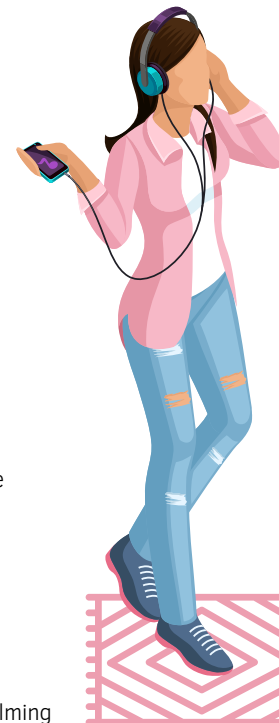
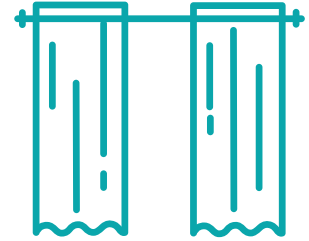
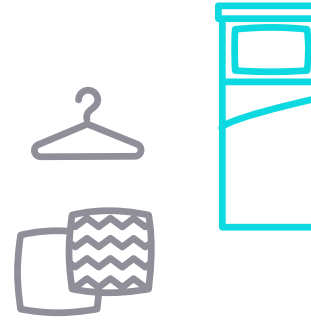
Program: Bachelor of Arts – History and Global Studies  
Hometown: Toronto, Ontario, Canada

## MUNSTER

I have lived in Mackinnon, Kuehner, and Abbott, but none of these buildings have been as calming as Munster. Although located nicely near Dewhurst Dining Hall, the Sports Plex, and about 7 minutes away from classes, it offers an oasis of quiet on our beautiful, but busy campus. I was lucky to have a space that I could feel comfortable in 24/7 as well as have the flexibility to complete so much of my homework and classwork. Munster boasts beautifully renovated rooms, many different common rooms and study rooms, and a Zen room with a massage chair. As Munster is a 24-hour quiet building, I am able to get my work done easily and relax from a hard day. The Residence Life team encourages community building and will often host events where you can meet a host of different people. The community here is as involved and supportive as B.U. students are anywhere you look. The beauty of B.U. is that help, support, and connection are only one "Hi" or other greeting away. Munster offers the connection to your community as well as your own privacy with its bog-style rooms. If I had to describe Munster in one word right now I think it would be ... HOME.

**Amy Tebbit**

Program: Bachelor of Science – Biological Sciences Health Science  
Hometown: Johannesburg, South Africa



## PATERSON

I made some great memories in Paterson thanks to the amazing communities that sprout in its halls. The Paterson rooms are apartment style, meaning you'll be paired with three other residents, each with their own bedroom, in a shared kitchen space with two bathrooms and a nice common area. Roomies get to know each other, and so do apartments! Best advice I can give you is that you really make the most of what you put into your time in residence, so don't be afraid to reach out to the people across your hall or someone you saw in your classes. Who knows? The people you randomly do dishes with may become amazing friends. Paterson is right next to some of my favourite places. I personally love to play squash in the Sports Plex and grab a bite at Dewies with my friends. Not to mention that there are beautiful woodland patches right next to the building where I love sketching and relaxing. All in all, you'll form connections that will really matter, so take advantage of your time in residence! It may be overwhelming – but you got this. It's a challenge, but the challenge will give you the thrills of a new and exciting university life.

**Arthur Shut**

Program: Bachelor of Arts – History and Global Studies  
Hometown: Toronto, Ontario, Canada



## POLLACK AND BANDEEN

Pollack and Bandeen overlook the historic Quad and are the closest residences to the university centre and most of the academic buildings. They are known for their spirit, camaraderie, and pride. Pollack is connected to Bandeen through the 2nd floor. Both are traditional-style buildings, which means you would have a single or a double room while sharing a washroom with the rest of the people in your hallway (usually around 7-9 people). I like the fact that there are women, men, and all gender washrooms. Pollack also has study rooms and common rooms where you can hang out with friends or other students. The fun and close-knit communities in Pollack and Bandeen help jumpstart the life-long connections you will form at Bishop's.

**Aaricia Du Bois de Nevele, Residence Life Coordinator**

Program: Bachelor of Arts – Psychology and Japanese  
Hometown: Trois-Rivières, Québec, Canada



## MACKINNON

Mack has an open and friendly community that you just won't find anywhere else! Mack is a traditional-style building, which means you have a single private room while sharing a recently renovated bathroom with the rest of the people in your hallway. The bathrooms are women only, men only, and all gender, making the building an accepting space. Mackinnon also has a kitchen, a study room, and multiple common rooms where you can hang out, watch TV, or play pool. My favorite thing about Mack has been how easy it is to meet people and make friends. Walking down the hallway, it's not uncommon to see at least one or two open doors! No matter the year, Mackinnon students always find ways to connect and build friendships that last a lifetime.

**Gillian MacLean**

Program: Bachelor of Arts – Sociology Concentration in Family, Health and Community, with Drama and Fine Arts Minors  
Hometown: Halifax, Nova Scotia, Canada

## HODDER

Named in honour of the first woman at the head of a university in Québec and at Bishop's University, Janyne Hodder Hall is the newest residence on campus. This new, fully furnished, 93-bedroom residence has a spacious, modified bog-style format that provides more common space for bogmates. Modern conveniences include a gaming lounge; a Zen/yoga room; a full common kitchen; study rooms; floor-to-ceiling windows; an outdoor mini amphitheatre; and state-of-the-art, fully accessible suites for people with reduced mobility. It is located directly in front of Campus Security and Dewies Dining Hall, making on-campus living accessibility even better. The \$16M project was almost entirely funded by the Bishop's University operating budget with additional funding generously provided by donors.

**Alexandre Prévost**

Program: Sports Studies  
Hometown: Gatineau, Québec, Canada





Sherbrooke, Lac des Nations

# 1<sup>st</sup> 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 RESIDENCE 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 TEAMS GET ASKED THAT FIRST WEEKEND.**

## **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 list of Sherbrooke and Lennoxville Area Must-Sees!

## **HOW DO I GET TO MONTRÉAL / AIRPORT/TRAIN STATION?**

An inter-city bus (Limocar) comes to campus on Fridays and takes you to downtown Montréal, but you can also catch the city bus or take a taxi into Sherbrooke to the bus station throughout the week. Otherwise, we have a few carpooling options that you can find through Facebook and other B.U. social media sites. We also have an *Aeronavette* shuttle directly to the airport.

## **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 to 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 also 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" and the Closing Ceremony wrapping up O-Week with music, dancing, and awards!

## **HOW DO I GET TO DOWNTOWN SHERBROOKE OR THE MALL?**

Bishop's has two main bus routes that come to campus regularly. Hop on the #2 bus to downtown Sherbrooke, where you can explore the central business district with many restaurants, shops, movie theatre or pubs, or take the #11 bus to the Carrefour de l'Estrie (the mall).

## **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.

## **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 CAN MY PARENT SEND A CARE PACKAGE?**

Students can obtain a mailbox on campus where they can receive packages and mail. You can also send mail and packages outbound through our Mail and Print Services located in the Student Centre.

# Where Dreams Come to Life

My name is Kendra, and I hail from the construction dungeon that is Montréal, Québec. I'm in my second year at Bishop's University, majoring in Arts Administration with a concentration in Film Studies. The dream is to become the next Steven Spielberg, although I'll more likely end up producing the next Jet2 holiday ad. But hey, a girl can dream.

Art has always surrounded my education. I learned my alphabet through classical composers; practiced math by counting shapes in Picasso paintings at the Montréal Museum of Fine Arts; and absorbed lessons from every kind of film, from dinosaur documentaries to Disney and *The Lord of the Rings*. Daydreaming about adventures with fictional friends helped me cope with a reality where I often felt socially isolated for being different.

Although my upbringing embraced interdisciplinary learning, CEGEP forced me to choose between arts and science. I gave up science to focus on music at Vanier College and felt like I was going through the motions. My inner spark extinguished. That changed when Bishop's entered my life. Students from B.U.'s Musical Theatre department visited Vanier to preview a production, and a campus trip followed. Arriving at Bishop's in winter felt magical – like stepping into the world of Narnia. I'd applied to other universities, but they felt like other people's expectations. Bishop's felt like home.

What truly drew me in was the Arts Administration program, which blends creativity, business, and filmmaking. The professors genuinely listen and support me, and the emphasis on experiential learning prepares me for real-world success. The small community helped me form deep friendships that reignited my creative spark. After 20 years of searching, I finally found my tribe. At B.U., my dreams no longer feel distant – they feel achievable.

Since enrolling, I've become involved in the Games Club and Chaos & Creativity Club, organized events like a Hunger Games simulation, and have enjoyed everything from cat café outings to designing my own board game. I've also completed internships with the B.U. Fine Arts department and the Sherbrooke Symphony Orchestra, and I now serve as marketing communications manager for the 2026 B.U. Arts Festival.

If you have a dream, Bishop's University is the place to pursue it. You'll probably spot me dancing, singing, and welcoming students with the biggest smile during move-in day in August.

*I hope to see you soon!*



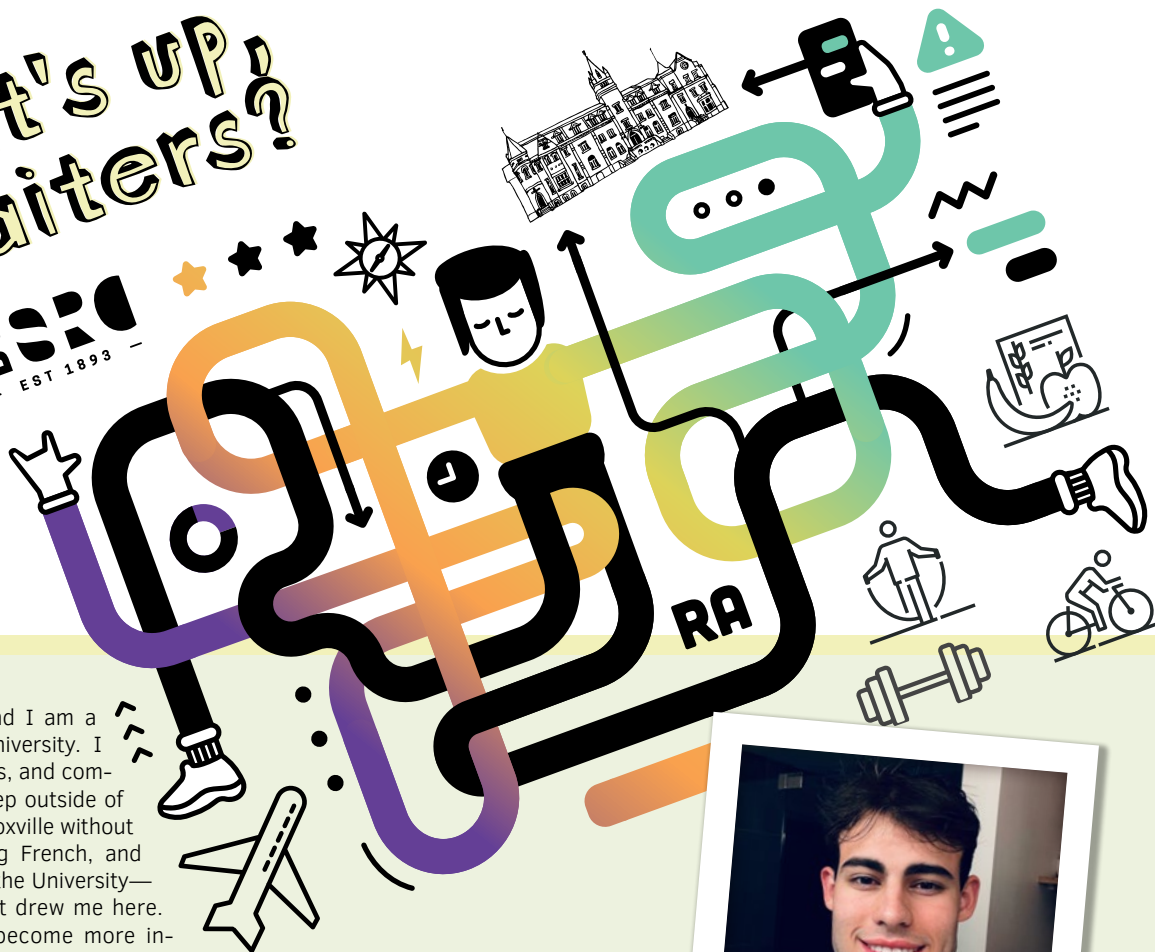
Kendra Lecault-Hughes

Kendra Lecault-Hughes  
Hometown: Montréal, Québec, Canada  
2nd-year Arts Administration



# What's up, Gaiters?

BISHOP'S  
— EST 1893 —



My name is Forest Riddington, and I am a Sociology student at Bishop's University. I grew up in Deerfield, Massachusetts, and coming to Bishop's was my first big step outside of what was familiar. I arrived in Lennoxville without knowing anyone, without speaking French, and without any family connections to the University—but that challenge is exactly what drew me here. I wanted to grow, explore, and become more independent, and Bishop's has given me the perfect environment to do that.

Like many students, my academic path hasn't been completely linear. I originally began in Business Marketing, but after exploring different academic paths and learning more about myself, I ended up in Sociology, where I found a strong interest in how societies, institutions, and people interact. Bishop's self-directed and experiential learning philosophy allowed me to figure out what motivates me and where I wanted to focus my studies. That flexibility, along with the support I found from professors and advisors, helped me gain clarity, confidence, and a strong sense of direction.

At Bishop's, I am actively involved in the community through the following roles and goals: Student Ambassador – I support prospective and incoming students and their families by sharing my Bishop's experience, leading tours, and representing the university at events. I have also contributed to marketing and digital content, helping showcase Bishop's campus, culture, and student life online.

Resident Assistant (RA) – I help create a safe, welcoming, and supportive residence environment. I have co-run events such as New Residence Life Orientation, social programs, and community-building activities that help students feel connected and supported in their transition to university life.

Student Representative Council (Student Council) – As part of student government, I contribute to decisions that shape campus life. This includes helping organize events such as concerts and working on policies that directly affect students, ensuring their voices are represented in university governance.

**Forest Riddington**  
Hometown: Deerfield,  
Massachusetts, USA  
2nd-year Sociology



Forest Riddington

Study Abroad Plans – I am planning to study abroad in Europe, where I hope to gain a global perspective on social systems, culture, and education while continuing my Sociology studies through Bishop's.

Personal Fitness & Coaching – I have a strong passion for personal fitness, training, and nutrition, and I enjoy helping others build healthy routines, reach their fitness goals, and feel more confident and energized in their daily lives.

My time at Bishop's has allowed me to explore a variety of interests, take on leadership roles, and share my passions with others. A little-known fact about me is that I love personal fitness, which helps me stay disciplined, focused, and balanced alongside my academics and leadership roles.

My advice to new students is simple: get involved and don't be afraid to try new things. Bishop's is a place where if you show up and engage, the community truly shows up for you in return. I'm so excited to welcome you to the Swamp and can't wait to see what you accomplish here!



# TAKE ROOT AND BLOOM

INDIGENOUS STUDENT  
SUCCESS CENTRE



Hi! Welcome to Bishop's! My name is Casey Beth Konwanoronkwa Goodleaf, and I study Elementary Education with a minor in Indigenous Studies. Bishop's has treated me so well so far. I truly love the campus and the town of Lennoxville, and I'm so grateful that I have the privilege to study here. I'm not too far from home in Kahnawake, Québec, but Bishop's does feel like a home away from home. The Education program at B.U. is amazing, the practicums are exciting, and it is so easy to make friends in your classes. I am also an Indigenous student support intern at the Indigenous Student Success Centre (ISSC).

As one of three interns, I get to help with the organization of a variety of events ranging from Truth and Reconciliation Week; vigils; workshops and brunches for authors, actors, and other guests; volleyball tournaments; and even trivia nights. The ISSC has three support people who help students access the resources they need to succeed academically and personally. The ISSC also helps create a sense of community amongst the Indigenous student population. It is a community composed of different nations from all over, yet most have similar experiences and share an understanding of what it's like to be an Indigenous student. Being a part of the ISSC community gives me the opportunity to help students who are going to school outside of their communities who might be dealing with culture shock and who may be having difficulty staying on top of academics. At the ISSC, we participate in activities that keep the connection to identity alive.

The ISSC lounge is a space for Indigenous staff and students to connect, share meals, hang out, study, and enjoy each other's company when they feel far away from home. Bishop's is already a great community, but it's amazing to have a supportive network within the greater B.U. community. We have fun events every week for Indigenous students, and we work together to educate the campus and surrounding community. There are also amazing courses and workshops at Bishop's that help to spread Indigenous knowledge, like Land-Based Learning and Abenaki Language and Culture. **The Kwigw8mna building is a brand-new space for the ISSC. I am so excited about this new building and the amazing resources and support that are offered there.**

So far, Bishop's has been amazing—from the great bagels at the Library Café to Homecoming (HOCO), and from Winterfest to the Indigenous community on campus. Please stop in and say hi! We are all so excited to meet you and hope you have an amazing time here!



Casey Goodleaf

**Casey Goodleaf**

Home town: Kahnawake, Québec, Canada  
Elementary Education Major with a Minor  
in Indigenous Studies

# Be Green at B.U.!



Sustainable Development Team:  
Laurence, Andra, Kamil,  
Nicole and Mikayla

It is important to young students that their university value sustainability and invest in a greener future. The Sustainable Development Office (SD Office), in collaboration with the SRC and other departments on campus, advocates for a more sustainable campus and supports students to leave their green mark on B.U.

## STUDENT INVOLVEMENT IN SUSTAINABLE CAMPUS OPPORTUNITIES

Bishop's has several clubs that promote environmental awareness and sustainability. The Environmental Club encourages students to lead a more sustainable lifestyle and raises awareness about environmental issues through workshops and Eco-Week, a weeklong event that promotes environmentally conscious values. The Sustainable Agriculture and Food Systems (SAFS) Club focuses on sustainable food production and runs workshops on cooking and sustainable crafting and gardening. The B.U. Outdoors Club hosts weekly activities that take place in nature, like hiking, camping, rock climbing, and more. Lastly, Bishop's Bees is an apiculture club that cares for two beehives on campus and runs bee-related workshops like beeswax lip balm-making and honey extraction. Students can also grow their own food in the free community garden, which is also open to the greater B.U. community.

Run by Student Services, the Community Cupboard is a centre that fights food insecurity by providing food to students in need. It also hosts a thrift store that encourages giving clothing a second life. The SD Office also hires student interns and recent graduates to offer them real-world experience in the environmental sector. The SD Office equally hires students for its Green Team, a group of students who help sort waste and educate people about proper waste habits. Another promising opportunity for students is the Green Levy Fund, a fund that can be granted to any student who has an innovative project based on sustainability that they'd like to realize on campus. Fun fact: the Bishop's Bee Club was a Green Levy Fund winner!

## THE SUSTAINABLE DEVELOPMENT PLAN

In 2022, Bishop's released its 2020–2024 Sustainable Development Plan, which outlined the University's strategies to reduce its carbon footprint. On April 20, 2023, Bishop's announced that it had achieved carbon neutrality in terms of greenhouse gas emissions (GHGs) in scope 1 and 2 (direct operations) of the plan, surpassing its original goal of reaching this milestone by 2030.

The Sustainable Development Plan is set to be renewed with new goals and milestones, like the completion of the community garden, achieving silver-level Fairtrade certification, developing a sustainable procurement policy, and lots more.

## GREEN CERTIFICATIONS

As of 2010, Bishop's banned the sale of all plastic water bottles, eliminating huge amounts of waste on campus. In November 2023, Bishop's received the official Fairtrade Campus designation from Fairtrade Canada. All food service locations under campus control now offer exclusively Fairtrade coffee and a select range of Fairtrade tea and chocolate. In January 2023, Bishop's also received a bronze-level certification from VÉLOSYPATHIQUE, recognizing how the University promotes, adopts necessary infrastructure, and advocates for cycling and sustainable transportation. Bishop's has also installed a bike shed on campus for those who would like to store their electric or regular bikes.

## WASTE MANAGEMENT


Uniform waste-sorting stations can be found all around campus, including recycling, garbage, and compost bins, with helpful signs to remind users what goes in each bin. Bins in the dining hall have also been updated so that compost is properly sorted. There are glass recycling drop-points, aluminum recycling bins, personal protective equipment disposal points in all labs, and specialty recycling drop-points for things like batteries, broken electronics, and Styrofoam. Furthermore, all takeout cups, utensils, and containers sold by campus food services are compostable. If you bring your own reusable mug to these locations, you'll get \$0.25 off your drink!

## REDUCING FOOD WASTE ON CAMPUS

A community fridge can be found in the Student Centre, giving people the opportunity to donate or take from the fridge as they see fit. We continuously strive to collaborate with local businesses to collect extra food that would otherwise go to waste and use it to fill our fridge. From time to time, extra produce from the community garden or the farm is added to the community fridge.

## GREEN AREAS ON CAMPUS

While a lot of the beautiful landscapes already existed when Bishop's was first built, many more have been developed over the years, contributing to biodiversity conservation and education while also making the school more aesthetically pleasing. One of the main wetland conservation projects at Bishop's is Peter Curry Marsh. The aim of the project was to give ducks, as well as other migrating birds, a protected habitat. Other eco-conscious initiatives around campus include pollinator gardens and the Bishop's Arboretum, which documents the diversity of tree species on campus while planting more. The community garden was built in summer 2024, and a tree nursery was added in 2025. The garden features upcycled barrels that are now used as planters and a wonderful irrigation pond. The garden offers a green space for the community to visit and partake in.



# My Bishop's Story



My name is Abeda, and I am from Afghanistan. I am currently a second-year student majoring in International Studies with a minor in Politics. I completed my high school education in French before starting my university studies at Bishop's. Moving between languages, cultures, and education systems was challenging, but it also shaped who I am today: a curious and motivated student who loves learning and discovering new perspectives.

From the very beginning, Bishop's stood out to me as a truly diverse and welcoming place. Coming from a different background, it mattered a lot to feel accepted and supported, and Bishop's exceeded my expectations. The campus community is small, but that is its greatest strength – it allows real connections to form, both inside and outside the classroom.

One of the things I appreciate most about Bishop's is how approachable and supportive the professors are. They genuinely care about their students' success. This supportive environment gave me the confidence to take on new opportunities, including becoming a teaching assistant for a French-language professor. As a TA, I helped prepare teaching materials, assisted students during activities, and corrected exams. This experience was incredibly rewarding and joyful as it allowed me to give back to the academic community while strengthening my own skills and confidence.

Language learning has always been a passion of mine. Being able to speak several languages and study in a multicultural environment like Bishop's has been deeply fulfilling. Every day, I am surrounded by people from different backgrounds who each bring their own stories and perspectives. This diversity has enriched my academic experience and broadened my understanding of the world.

My advice to newly admitted students is simple: be curious, be open, and don't be afraid to take opportunities when they appear. Bishop's is a place where you are seen, supported, and encouraged to grow – not only as a student, but as a person. For me, Bishop's is more than a university; it is a community that celebrates diversity, learning, and connection.



Abeda Niazi

**Abeda Niazi**

Hometown: Kabul, Afghanistan  
2nd-year International Studies /  
Politics



### HI EVERYONE.

My name is Salma, and I'm from the south of France. I'm currently in the Pre-Clinical Psychology program, and I expect to graduate in 2028. I lived in Abbott for my first year. Even though I already had some experience with residence life, my first year on campus still ended up being a genuinely meaningful and positive chapter for me. One of the first things that stood out was how reassuring the arrival process felt. A lot of the details were already planned out, from landing at the airport to getting transported to campus. That kind of organization made a real difference, because it took away a big part of the stress that usually comes with moving somewhere new.

# HOME AWAY FROM HOME

### INSTEAD OF FEELING THROWN INTO THE UNKNOWN, I FELT GUIDED THROUGH THE TRANSITION, WHICH HELPED ME SETTLE IN FASTER AND MAKE MYSELF AT EASE.

Once I arrived and started getting used to my surroundings, I was honestly impressed by how convenient everything was. I noticed right away that most of what I needed was nearby, and that gave me a huge sense of relief. My classes, the dining hall, my church, the grocery store, Tim's, and the sports complex were all within easy reach. It made campus life feel so simple and realistic, not like a daily struggle to plan transportation or waste time commuting like it used to be when I first arrived in Canada. Before coming, I had wondered how sustainable it would be to live on campus long term if things were spread out. Being in a place where everything was close made me realize that campus living could actually be both practical and enjoyable rather than overwhelming.

Living in residence throughout the year reinforced that feeling. In fact, having essentials so close helped me stay focused on school and build a routine that worked really well. I could go to class, grab meals, see people, stay active, and still have time and energy left for studying. Residence made campus feel like a complete living space, a day-to-day pleasure to be a student.

Looking back, my first year in residence gave me stability and a stronger sense of confidence in university life.



Salma Pinchon

**Salma Pinchon**  
Hometown:  
Montpellier, France  
1st-year Pre-Clinical  
Psychology

# B.U.'S THRIVING ARTS SCENE

Bishop's University prides itself on a culture that values both freedom and variety throughout the student experience, and one of the most prominent aspects of student life is the ever-flourishing B.U. arts scene. We have a vast selection of music, theatre, visual arts, and multimedia showcases, which translate into a seemingly unending opportunity to enjoy students' work as they continue to hone their craft.

## FINE ARTS

Our Fine Arts Department is widely recognized for its much-anticipated open houses at the end of each semester that showcase student works from the term. These provide wonderful insight to the inner workings of the program, as well as an opportunity for students to explore the curative process of building a catalogue while transitioning their work from a private studio to a gallery setting. Similarly, the Fine Arts Grad Show debuts the work of graduating students who strive to enhance their profile and bring national attention to their work.

## FILM

The B.U. Film Festival (or, as we call it, BUFF) is a competition celebrating the creativity of student-made short films that are written, directed, acted, and filmed by students from any department. The submitted films are shown at a gala event and can subsequently be sent on to national film festivals and grant submission committees; not to mention, it's the perfect excuse to take a break from studying and rally your crew for a movie night out! Film students are often also given the chance to collaborate with other departments to film productions or events, giving them fantastic learning opportunities all year round.

## MUSIC

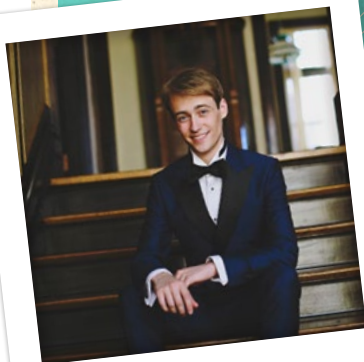
Nearest and dearest to me (being my primary field of study) is the B.U. Music Department. Students are invited to participate – both as players and spectators – in concerts, open mic nights, and jam sessions hosted by the B.U. Music Society. These shows feature students performing all genres of music and, if that's not exciting enough, the department is home to the *Musique Chez Nous* concert series, which brings professional artists to our very own Banded Hall featuring with free admission for all students. Not convinced? The B.U. Singers Choir also puts on two spectacle shows each year dedicated to showcasing the stellar voices of B.U. and our surrounding community.

## DRAMA

The Drama Department presents two productions each semester, and that's only the tip of the iceberg. The department also plays host to the *NewPlays* and *TheatreActiv* festivals, which feature shows directed, performed, and even written by our students. Students also have access to backstage, tech-focussed courses, to show them the ins and outs of running a professional-grade production!

## MUSICAL THEATRE

Launched in 2022, the Musical Theatre Concentration proposes large-scale productions each year and offers a plethora of classes to shine up your skills in a professional-grade environment. I coordinated and staged the first-ever Musical Theatre Concentration Recital at B.U., and it was a roaring success. We are constantly finding new ways for students to showcase their talent and hard work while learning vital skills to succeed and stand out in their industry.



Tyler Casat

Tyler Casat

Hometown: Medicine Hat, Alberta, Canada; Bachelor of Arts - Honours Music Performance with Musical

# EN ANGLAIS... VRAIMENT ?

Coucou, mon nom est Juliette, je viens de Granby et ma langue maternelle est le français. J'ai fait mon cégep en Langues Modernes à St-Hyacinthe avant de commencer l'université en Relations Internationales (International Studies). J'étais la seule de mes amies du cégep qui a choisi une université anglophone, alors que tous déménageaient à Montréal ou à Québec pour poursuivre leurs études supérieures dans des universités francophones. Pour ma part, j'étais complètement charmée par le campus de Bishop's, l'environnement étudiant et les petites classes. Même si certaines de mes amies doutaient de mon choix, j'ai saisi l'opportunité d'améliorer mon anglais, de développer mes capacités d'études et de travail dans une autre langue et j'avais totalement raison!

Même si j'avais une bonne base en anglais avec mon programme de langues au cégep, mon accent francophone est toujours présent et j'avais de la difficulté à m'exprimer au début. Je promets que ça laisse seulement place pour le progrès! En déménageant en résidence étudiante, j'ai eu la chance de me rapprocher de gens provenant de partout dans le monde comme le Pérou, le Japon, le Rwanda ou l'Espagne, alors je n'étais pas du tout la seule à venir avec le but d'améliorer mon anglais. Mes amis Américains et Canadiens en dehors du Québec me permettent toujours de m'améliorer! En plus, l'école est pleine d'étudiants québécois et français me permettant aussi de partager des moments dans ma langue maternelle. Être francophone à Bishop's ce n'est pas une barrière mais plutôt une chance d'en apprendre plus à nos amis anglophones qui veulent profiter de la localisation de l'uni pour apprendre le français! Les enseignants sont super compréhensifs, il est toujours permis d'écrire en français dans nos examens et plusieurs enseignants permettent d'apporter un dictionnaire en classe!

Je fais aussi partie de la sororité Alpha Phi sur le campus, et je suis très fière d'apporter un aspect francophone à une organisation grecque d'envergure internationale. J'ai commencé mon rôle en tant que présidente du chapitre cette session, ce qui me permet de développer mes habilités de leadership en anglais! En gros, commencer l'université à Bishop's en tant que francophone m'a permis de développer mes habilités académiques et de leadership dans ma seconde langue et de tisser des liens avec des personnes de différents pays et provinces, un choix que je ne vais jamais regretter!



Juliette Chaput

**Juliette Chaput**  
Hometown: Granby,  
Québec, Canada  
2nd-year International  
and Global Studies





# MOMENTS THAT LAST A LIFETIME

I look back at the time I spent at Bishop's with nothing but a smile on my face. I still remember the first time I came to campus. At that point in time, all I knew about Bishop's was that it was where I planned to play football for the next four years. I didn't know that I would fall in love with the sight of Coulter Field at 7 a.m. on a crisp fall day. I never thought that I would spend every Friday for the next four years singing my heart out at karaoke night at the Lion. These are but a few of the many details that make Bishop's the great place that it is.

Coming from a small town in northern Ontario, I didn't think that finding a place with a stronger sense of community would be possible until I got to B.U. and discovered that community is what makes this campus unique. Being a member of a varsity team comes with the greatest sense of community possible. Playing for the Gaiters football team has created memories that are set to last a lifetime, and capturing a championship was a moment that I will forever be grateful for. The moments that I will remember forever are hanging out in the locker room with the guys before and after practice and waking up for 6 a.m. runs with the team. The sense of

community carries over to off-field, as well. In a small town where many of the residents are your classmates, finding your people and creating lasting memories come easily.

Another aspect that made my Bishop's experience unique is my involvement with the athletics department. I was a part of the game-day staff for basketball and women's hockey and it was a blast. While it was technically my job, I was lucky to be able to watch hockey and basketball games from one of the best seats in the house. (This was secretly one of my favourite aspects of the job!) Being behind the Bishop's athletics scene was truly an honour, and I would encourage everyone to get involved in as many departments at Bishop's as they can.

Bishop's University is truly a one-of-a-kind institution. The small class sizes combined with second-to-none extracurricular activities ensure that you will have a fantastic experience at B.U. Don't forget to get your Winterfest tickets early or to sing the Bishop's anthem as loud as possible during Homecoming weekend!

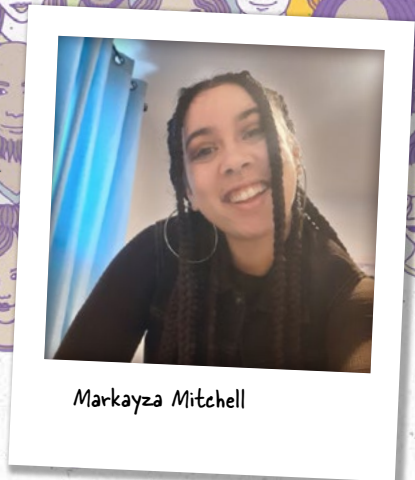


**Dylan Monico**  
Hometown: Sherbrooke,  
Québec, Canada  
Sports Studies Major

Dylan Monico

# BRIDGING THE DIVIDE

As you first come onto campus, you will likely cross over a modest steel bridge that most students, staff, and faculty have walked or driven over to get to the Bishop's campus. The mighty Massawippi holds its own history with the Abenaki people, long before Bishop's was founded. The systems in place on campus have worked for many years, but as the campus grows in population and diversity **there needs to be connections made towards making sure everyone has the opportunity to make the University a better place.** Bishop's is located at the confluence of two rivers, where waters and peoples have come together since time immemorial. This river and bridge may seem a mundane and odd visual to begin with, but it is a perfect metaphor to understand Bishop's University and is key to understanding how students continue to advocate for themselves on campus. **As the Bishop's campus grows in diversity, there needs to be connections that ensure everyone here has the opportunity to flourish.**



Markayza Mitchell

**Markayza Mitchell**  
Hometown: Sherbrooke, Québec, Canada  
Program: Bachelor of Arts Sociology



## EDI ON CAMPUS

Being a supportive and safe environment for all is something we deeply pride ourselves on. Jacqueline Sultan, the EDI and AntiRacism Specialist, has helped provide a voice in places where students may not be able to access. Jacqueline centres student experience and perspectives in institutional directions and decisionmaking, working to ensure that equity is not just a value but a lived practice at B.U. Students have been able to feel supported while reaching out to upper management and navigating the hierarchy inherent to university structures and leadership. Importantly, students are given a well-needed seat at the table to learn and lead alongside B.U. faculty, managers, and senior executives.

The EDI and AntiRacism Specialist leads or supports numerous initiatives designed to foster belonging, empowerment, and systemic transformation. Each initiative strengthens the University's commitment to action-oriented inclusion and equity, laying essential stepping stones toward meaningful, responsive, and urgently needed social and academic change. In addition to creating avenues of expression, Bishop's manages a number of affinity spaces such as the 2SLGBTQIA+, the Black affinity space, and the Parent and Infant care room. All these opportunities and initiatives give the B.U. community a foundation in action-oriented inclusion and equity—in other words, the stepping stones to meaningful and urgent social and academic change.

## STUDENT-LED ACTIVISM

The best resource Bishop's University has is its justice-centred student body. We embody the true B.U. mind and spirit. Many of the themed educational weeks and activities originate from students. We bring our lived experiences and activism to the wider B.U. community. Student groups are responsible for culture, impact, and growth. An example of this is Sexual Wellness week, where groups like the Sexual Health Committee and the Educational Wellness Committee provide resources for sexual health. The Indigenous Cultural Alliance (ICA) fosters valuable discourse through fundraisers and guest speakers. These opportunities allow for the student population to share and learn from others' stories and develop important relationships.

Moving forward, student associations that advance diversity and inclusion must be at the forefront of the budget and thoughts of the Students' Representative Council (SRC). This is where a townhall-style approach may work in the future, which is also another student-centred approach to campus accountability. Bishop's is sometimes perceived as a party school. We also have a long, colonial tradition. But we are also learning and growing. The shift from Bishop's hegemonic mentality as a white and "rave-centred" school to an inclusive and equitable campus needs leadership from we, the students—and we, the students, need more institutional solidarity and resources.

## INSTITUTIONAL ACCOUNTABILITY

When choosing Bishop's, we were hoping that the close working relationship with professors would allow for an increased ability for improved change within the institution. University classrooms have the potential to be at the forefront of inclusion and equity work—faculty have the potential to be the greatest allies in the pursuit of meaningful social and academic change. This is in fact true and the case with many professors, but it isn't always comfortable. Although the campus values equity and diversity, achieving concrete actions to promote both equity and substantive equality has been a slow process. Students have been determined to "fight the fight" and promote change from within, but there are still systems of privilege that need to be addressed, and this requires concerted institutional leadership and accountability.

One of the ways to address these urgent changes is to ensure that there is a culture of growth, transparency, and accountability for all community members so that problems and issues are addressed and that there is a clear path to acknowledgement and resolution. Many faculty and staff have been positive role models and are leading the charge with respect to bringing Universal Design for Learning (UDL), or anti-racist and decolonizing frameworks, into their classrooms, units, and toolbox. This is needed across all classrooms and services. Pursuing equity within the classroom and academic environment and providing faculty and staff with tools that help ensure that ways of knowing and learning evolve is paramount. We all need to honestly look at our role in the system and how our actions have both micro and macroaggressions attached even without knowing. Working on looking forward and to the future together will help Bishop's work towards advancing this needed change.

## BE PART OF THE MOVEMENT

The student community at B.U. has become a more diverse place in the last 10 years, which the University touts as a source of pride. It's no secret that university administration and faculty doesn't yet reflect the diversity of the student communities they serve. And, though representation is vitally important, it's not the same as inclusion. We all, from university governance to classroom communities, need to be doing the work of inclusion and equity. Being brave to be a voice for others who have felt silenced is the foundation of student movements both on and off campus. Leadership and structural changes will go a long way in helping B.U. become the university it wants to be.

Much of our EDI work originates with students at the grassroots level, which means it will start with you. When you come to Bishop's, come because there is work to be done, and come because you can find allies in the pursuit of inclusion and equity. Reach out to our student-led activists and groups who you will help by ensuring the sustainability of campus activism. Help build the relationships that will give you a greater understanding and appreciation for the campus we call home. It will give you the chance to make a difference and be part of a legacy of justice and pride. Even though much work has been done, there is much left to do. Will you answer the call?

# MUST-HAVE ITEMS AT B.U.

## Cork Board / Whiteboard

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.

## Blankets

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

## 80's-Style Retro Snowsuit

Rock Winterfest and winter theme nights with your best Crazy Canucks snow gear.

### 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!

### Belt Bag

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!

### 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 melts.

### Extra Hangers

### Costumes

There are tons of themed events and holidays going on at B.U. 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 favourite 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.

# MUST-ATTEND EVENTS

SEE THE CALENDAR FOR  
ALL UPCOMING EVENTS:  
[UBISHOPS.CA/EVENTS](http://UBISHOPS.CA/EVENTS)

## ACADEMIC EVENTS

### 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 during Research Week. Undergraduate and graduate students are eligible to participate in three categories: Pitch Perfect Competition, Poster Competition, and Creative Art Competition. Learn about student research taking place across several fields and disciplines. Attend conferences by B.U. researchers and guest speakers. Faculty, staff, and students gather to celebrate at the awards ceremony.

### 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 April and presented with various awards, as chosen by a panel of judges.

### 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, bookbinding, and much more. It's a great place to go to unwind after a long day, and to let your creativity shine!

### THEATRE PRODUCTIONS

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!

### B.U. 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.)

### MORRIS HOUSE READING SERIES

The Morris House Reading Series brings both established and up-and-coming authors to Bishop's University to present their work, answer questions, and meet with the audience during the informal reception that follows.



# 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 dancing under the stars in the Quad at the Gaiter Gardens; serenading the Principal; attending the welcome concert (previous performers include Classified, The Arkells, and X-Ambassadors); and an awesome hike up Mont Pinnacle, one of our local mountains.

## GAIT GATSBY

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!

## ECO-WEEK

Organized by the Environmental Club and B.U.'s Sustainable Development Office in February, Eco-Week proposes an array of activities related to the environment and sustainability: mini-market, "No-Cup Day", wellness nature walk, and more. Meet likeminded people who share your environmental values.

## 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!

## 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!

## HOMECOMING

Get out all that B.U. 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.

## MENTAL HEALTH WEEK

Mental health plays a significant role in creating an environment conducive to success. In response to the evolving context through which students navigate our institution and the escalating significance of mental health, the University's commitment to prioritizing student well-being highlights the profound interconnection between mental health, overall wellness, and academic success.

## NATIONAL WEEK OF TRUTH AND RECONCILIATION

This is a week of raising awareness about the history of residential schools and its ongoing impacts. The major date for this week is Orange Shirt Day, which is on September 30, and is typically accompanied by a walk to raise awareness and remembrance.

## HALLOWEEN

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!

## ART HIVE - ARTLAB

The Art Lab is a creative space where students can explore their interest in the arts and engage critically with visual and media arts in the region. The Art Lab hosts free workshops that anyone can attend. These workshops range from guided tours of Foreman Art Gallery exhibitions and creative workshops to special workshops hosted by partners both on and off campus. It's a great place to unwind and let your creativity shine!





# Educate the World



I am from Laval, Québec, and I am studying English Language Arts as a Major with a Minor in Teaching English as a Second Language (TESL). Whether I'm learning languages or immersing myself in various art forms, I am constantly seeking opportunities to expand my horizons. You'll most often catch me skateboarding around campus or studying in the library near a whiteboard.

**In fall 2023, I had the opportunity to go on exchange in Bodø, Norway, as part of the ELLiL project.** Essentially, the ELLiL project promotes agency and creativity for student teachers as it develops the Ridl framework as a new model for teaching practice. In Norway, I loved being able to develop my teaching skills and construct creative lesson plans.

Once I returned to Bishop's after my exchange, I took a position as a residence assistant in my third year. My job required that I facilitate group events. I also had to regularly check in with residents and supervise their overall well-being. I am also a research assistant for Dr. Sunny Lau and work on the For REEAL webinar series. For REEAL stands for "For Researchers and Educators of English as an Additional Language." Through monthly workshops and forums, this platform makes space to share

online resources to promote the co-construction of knowledge. I host some of the webinars and am currently developing social media content to advertise the webinar series.

I am the founder and co-lead of the Education Community Club (E.E.C.) at Bishop's University. In winter 2024, I started the TESL Club with my classmate Carina, which has since evolved into the E.E.C. in response to the dire need to build a stronger community across all education profiles. We have since expanded our executive team and are always looking for members! The more the merrier!

I also had the opportunity to host an ESL event during the 52nd annual SPEAQ convention in Québec City. SPEAQ stands for *Société pour le perfectionnement de l'enseignement de l'anglais, langue seconde, au Québec*. The SPEAQ conference aims to engage ESL students and educators and promote a variety of workshops relevant to teaching practices. During the convention, my professor, Trevor Gulliver, three other ESL student-teachers, and I hosted a 75-minute workshop entitled "Games in the ESL Classroom". My classmate Youness and I developed the game "Super Survival," where students must adapt with limited resources.

*Overall, I have been enjoying my time at Bishop's University, and I am thankful for the opportunities I have been able to experience!*

**Stéphanie Mallick Pilon**

Hometown: Laval, Québec, Canada  
English Language Arts Major with  
a Minor in Teaching English as a  
Second Language



Stéphanie Mallick Pilon



# Turn Your Passions into Your Career

When I first arrived at Bishop's, I knew that I wanted to study sports—but I also wanted to understand the business behind sports. Combining Sports Studies and Business has allowed me to bridge my passion for what's on the field with strategic decision-making, preparing me for a career in anything related to numbers, which is my true passion. Bishop's has given me the perfect environment to explore both fields, offering small class sizes and direct access to professors who genuinely care about student success. Professors know you by name, and I've had the chance to apply classroom knowledge to real-world projects.

As president of the Bishop's University Sports Studies Society, I've worked on developing partnerships between the University and the sports industry to provide students with hands-on experiences. I was even invited to present my project at the Consortium of English-language CEGEPs, Colleges and Universities of Québec! With my team, we set up our Speaker Series, where we had Olympians and great names from the Ottawa Senators talk to us (and even share a pizza afterwards). On the business side, I serve as the research assistant for SEED Portfolio Management, where I help manage a TSX-only equity portfolio, analyzing investments and macroeconomic trends. This dual involvement allows me to develop both strategic thinking and leadership skills across two very different yet connected fields.

My love for numbers led to off-campus opportunities such as the Battle on Bay Case Competition. This event was one of the most intense and rewarding experiences in my time at Bishop's. Hosted by Toronto Metropolitan University, it's one of the top undergraduate finance case competitions in Canada, bringing together teams from across the country to tackle real-world investment challenges. Representing

Bishop's during that competition was an incredible opportunity to test my skills, my ability to perform under pressure, and my teamwork. What stood out the most was the intensity of the experience. Unlike the classroom, where you have time to refine ideas, in a case competition, you work with tight deadlines, make high-stakes decisions, and think on your feet when presenting.

For incoming students, my advice is simple: Embrace every opportunity. Get involved, ask questions, and don't be afraid to chart your own path. Bishop's gives you the flexibility to explore multiple interests—take advantage of it!



Olivier Pontbriand

**Olivier Pontbriand**  
Hometown: Granby, Québec, Canada  
Double Major in Business and Sports Studies

# SENIORS





# Some EXTRACURRICULAR GROUPS to join

**At Bishop's, we don't do average—as Gaiters, we always go the EXTRA mile, and that means we get involved. Whether that's in sports, academic societies, clubs, or students' associations, there is a place for everyone.**

## **SRC STUDENTS' ASSOCIATIONS**

- There are a number of students' associations representing groups of students based on culture, race, ethnicity, spirituality, religion, and sexual orientation. They celebrate, advocate for and bring awareness to matters of equity, diversity, and inclusion.

**THE B.U. PRIDE ALLIANCE (BUPA)** 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!

**B.U. EVENTS** B.U. Events are managed by the SRC and we are responsible for organizing many of the biggest and most memorable events on campus. From Orientation Week to traditions like Halloweekend, Holiday Week, Winterfest, and Grad Formal, our team works to create exciting experiences that bring the

Bishop's community together. Our goal is to enhance student life by planning events that build school spirit and create lasting memories throughout the year. Follow us on Instagram @busrc.events to stay up to date on upcoming events and everything happening on campus.

## **THE DISABLED AND NEURODIVERGENT STUDENTS' ASSOCIATION (DANS)**

is a community of students sharing similar realities. DANS mission is to promote mental health, unmasking, acceptance of one's disability, learning to be proud of it, and stigmatization of disability and neurodiversity. During the school year, DANS organizes inclusive events such as movie nights, study sessions, meditation sessions, and informative workshops. Anyone is welcome to attend these events, whether they are disabled or neurodivergent (diagnosed or not).

## **THE INDIGENOUS CULTURAL ALLIANCE**

The overall goal is to bring awareness of the Indigenous community on campus and to create spaces for learning and unlearning between Indigenous and non-Indigenous students. The ICA strives to provide the Bishop's community access to cultural activities and opportunities to explore Indigenous issues and the diversity and vibrancy of Indigenous cultures present on Turtle Island (North America). Some main values of the ICA include respect, acceptance, inclusion, community building, and open-mindedness. For enquiries, visit Kwigw8mna (Our house and everyone's house).

## **BISHOP'S UNIVERSITY HISTORY**

**ASSOCIATION** Bishop's University History Association is a student-led academic society for students in the History and Global studies major, minor, or Arts Administration concentration. All history lovers are welcome to the activities we put on, such as movie, game, and trivia nights, as well as book clubs and field trips. BUHA also publishes a historical review every year that allows students to show off their hard work or get involved in the editing. Join to make closer connections to your classmates and professors and to expand your historical knowledge.

## **B.U. INTERNATIONAL STUDENTS'**

**ASSOCIATION** educates and immerses international and exchange students in Canadian culture through on-campus educational events and sponsored trips, including a trip to a sugar shack, a hockey game in Sherbrooke, and trips to various events around the area. The second goal for the group is to unite international students and discover and discuss customs and traditions from all around the world. Our international students come from over 60 countries around the world. The group warmly welcomes both international and exchange students along with Canadians who are interested in diversity, learning about new cultures, and getting to know those from around the world.

**SRC CLUBS** - These include social and charity/volunteering-based clubs and form the heart of the vibrant student life at Bishop's. They are great ways to integrate and contribute to the community in more ways than one!

**BISHOP'S OUTDOORS CLUB** aims to make outdoor activities more accessible for Bishop's students. Bishop's Outdoors Club organizes events spanning a large range of outdoor activities, including hiking, canoeing, rock climbing, biking, snowshoeing, overnight camping, and so much more. Students can attend as many or as few events as they wish, and the executive team organizes carpooling and logistics for all the trips.

**BIG BUDDIES** Bishop's University's Big Buddies is a program that matches university students (Bigs) with students grades 1-6 from the Eastern Townships (Littles) based on questions determining similar characteristics in Littles and Bigs – allowing for the best match possible. We organize eight events throughout the year which are held on Saturday afternoons on the Bishop's University campus, or at a fun field trip destination. During this time, the pairs participate in exciting activities together, allowing time to create strong friendships, and positive role models.

**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.

**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, and meetings for projects using the honey/wax (such as lip balm or candles).

**B.U. KNIT COMMUNITY** aims to provide a place for all interested stis a tight-knit group of people from across all disciplines. Whether you sew, knit, crochet, or weave all are welcome. They meet weekly to work on projects, chat, and get advice. Their skill level ranges from high to no experience, and are always willing to teach anyone who wants to learn.

**P.U.L.S.E.** People United for the Love of African and Caribbean Societies Empowerment Dedicated to celebrating the rich heritage of African and Caribbean cultures, PULSE fosters an inclusive environment where students of African and Caribbean descent feel empowered, valued, and supported.

**ACADEMIC SOCIETIES** - There are student-run academic societies across the 5 divisions of the university: business, education, social sciences, natural sciences and humanities. These groups are the life, and blood of Bishop's educational experience and play a vital role in the academic rigour of the university. They are where students are empowered to lead and create initiatives, driving their academic experience by competing in challenges, organizing networking events, engaging with speakers, and ultimately, advancing and shaping their own personal academic development. And in keeping with our distinct education model, many are open to all interested students, regardless of their registered program.

**THE PSYCHOLOGY SOCIETY** provides a channel for students that allows for intelligent discussion of psychological issues as well as to promote the growth of the B.U. psychological community. The Bishop's University Undergraduate Psychology Society (BUUPS) 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.

**THE POLITICS AND INTERNATIONAL STUDIES ASSOCIATION** welcomes all students in our department. Though PISA does have a four-person executive team, the society is made up of every Bishop's student who studies politics, international studies, and/or international political economy. Throughout the school year, the group runs many diverse events, such as speaker nights, workshops, socials, and many more. They also advertise opportunities that are available to students in our department to enhance the Bishop's experience. This group is here to help the students in the department make the most out of their time at Bishop's.

**ASTRONOMY, MATHEMATICS, AND PHYSICS SOCIETY (AMPS)** aims to connect students with similar interests, ranging from stargazing to recreational mathematics or physics. Despite the club's name, members do not need to major in math or physics. Everyone is welcome! AMPS is known for organizing events such as sky viewings at the B.U. observatory, overnight visits to the Mont Mégantic Dark-Sky Reserve and Observatory, and math/physics hackathons.

**BISHOP'S UNIVERSITY COMMERCE SOCIETY** is a student-run organization with a mission to better the academic and social experiences of all students at the Williams School of Business, as well as encourage professional development crucial for post-graduation.

**SRC SPORTS** - These include competitive teams as well as leisure sports, many of which invite students to drop-in sessions. They are not only a great way to stay active and healthy, but an amazing way to show team spirit! Whether you like to compete or just want to play casually, there's an option for you!

**B.U. 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 pass, buy B.U. Snow apparel, have access to tuning and waxing services, and come 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.

**B.U. DANCE** is a fun way to get in shape, learn new styles of dance, and have a great time. B.U. Dance 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. B.U. Dance 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 Québec.

**ULTIMATE FRISBEE** B.U. Ultimate is dedicated to promoting awareness and inclusivity in the sport of ultimate frisbee. We strive to create a friendly and competitive environment where players of all skill levels can come together, develop their skills, and build lasting friendships on and off the field.

**THE WOMEN'S VOLLEYBALL CLUB** is a competitive women's volleyball team that plays exhibition games, tournaments, and practices on a weekly basis. They also host a rec night where anyone can drop in and play some volleyball!

**NEW AT BISHOP'S: OUI EXPERIENCE** - OUI Experience is the name chosen for Bishop's renewed immersive French experience, a bilingual name that works well for several reasons. In English, it sounds like "we experience," meaning to feel, to learn, and to experience together. It embodies the idea of a lively and transformative immersion in the French language and Québec's French-speaking culture. It promises not only learning, but a human, collective, and inspiring journey. It is memorable and adaptable: you will see this in the wide range of activities organized as part of this initiative! For us, the OUI also signifies affirmation of commitment and the promise of a positive experience.

### **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.

### **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.

### **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)!

### **Jerry's Pizzeria**

Jerry's is a popular Lennoxville staple that provides a great selection of Greek-style food and, of course, pizza. Ask for the student specials – you can't go wrong.

### **North Hatley**

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.

### **AstroLab**

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

### **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!

### **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 to evening... 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, featuring one of the longest suspended bridges in Canada, 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 10:30 p.m., it's \$23 (shoes included), and you can bowl all you want (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 and 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 Shacks**

Spring is a great 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 specialties of Québec. 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!

### **Wellington Street**

Spanning the entirety of downtown Sherbrooke, Wellington Street is one of the prettiest streets 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 across the street.

### **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!

### **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!

### **Café 440**

Café 440 is a coffee place and restaurant situated in downtown Sherbrooke. An inclusive space with affordable vegetarian/vegan food, Café 440 hosts a variety of regular activities like swing dancing, chess games, live music... and so much more!



### **Maison du Cinéma**

Sherbrooke's own independent movie theatre offers deals with many restaurants including Pizzicato, Tapageur, Masala Café.

### **Eco-Friendly Shopping**

Various thrift stores abound in Sherbrooke, such as Renaissance, Boutique Elle Dit, Estrie-Aide, Uni-vert.

# 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 10-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 on any day of the week. Bishop's students have provided a list of must-visit places that will provide you with hours of fun, culture, good food, and time with friends.



THE EASTERN  
TOWNSHIPS:  
*one of the*  
52 **BEST**  
*places*  
to go in 2023  
THE NEW YORK TIMES

The Eastern Townships were featured in the *NY Times*' 52 Places for Travelers to Visit in 2023. Described in the article as "Canada's New England with French Flair", the Townships also boast a 150-mile cycle route that is marked with quaint little villages to farmers' markets, cheese shops and vineyards.

# A PARENT'S PERSPECTIVE: FINDING THE RIGHT SCHOOL

When our daughter Sophie started searching for universities, we all expected she would remain nearby, due to the many universities in our area. But the programs she explored felt either too broad or too narrowly focused. She began looking further afield, and Bishop's immediately stood out as practical and grounded in reality.

At B.U., Sophie could combine her major with various minors to create a program that matched her interests and career goals. The university's curriculum is designed so students can pick focus areas with relevant courses instead of having to take unrelated subjects found in broader degrees. As a result, students who already know what they want to specialize in can take courses directly related to their field, which is what future employers in those domains are mainly interested in.

We decided to visit the university and immediately noticed the friendly vibe. As we walked through the quad, students greeted us with smiles and hellos. The campus felt welcoming and personal, a refreshing change from the larger, more impersonal schools we'd seen. Even though she had been accepted at other great universities, Sophie knew instantly that B.U. was the place for her.

## SETTLING IN AS A NEW STUDENT

As move-in day approached, B.U. kept Sophie updated on key milestones. When it was time to register for courses, the school invited her to a webinar explaining the process. She also received her residence and bog-mate assignment along with all the information she needed to move in.

On move-in day, everything was well organized and efficient. Sophie's bog-mate had already settled in thanks to a special welcome week B.U. arranged for international students. Similar arrangements were made to facilitate the move-in process for other types of students. The university provides support services throughout the year for a wide range of needs, whether mental, physical, or emotional. I left for home feeling Sophie was in good hands.

I was initially concerned about B.U.'s "party school" reputation, but I now think that label is unfair. Partying happens at all universities—it's just more noticeable on a small campus. Bishop's provides event security and requires all new students to attend workshops on safety and consent. When Sophie became an O-Week leader this year, she was required to complete mandatory training before being entrusted with a group of freshmen. While they were in her care, she could not consume any alcohol and/or leave activities until each member of her group had safely departed.

## LIVING THE B.U. EXPERIENCE

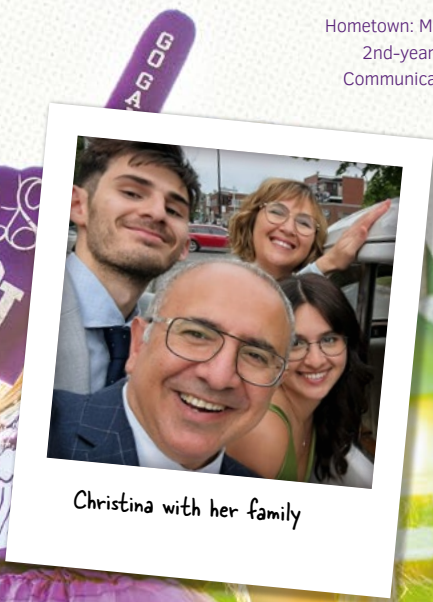
Once classes began, everything Sophie had noticed on her campus tour became real. Professors are accessible and supportive within the classroom and without – for example, one of Sophie's professors hosted a BBQ early on where students and faculty from her major could get to know one another.

Class sizes are small enough for meaningful participation and discussions. Experiential learning is encouraged, and students can take internships in real-world settings. B.U. continuously updates its programs, such as changing Sophie's minor from Communications and Digital Media to Communications and Digital Culture, reflecting the evolving landscape of our digital world.

Today, Sophie is thriving at B.U.. She knows her professors well, participates in campus activities, and receives the encouragement and support she needs. From writing for the student newspaper to leading O-Week and participating in festivals, she's found her niche and made the most of her undergraduate experience. Thank you, B.U.!

**Christina Kairouz,**  
Sophie's mother

Hometown: Montréal, Québec, Canada  
2nd-year English Major / Minor in  
Communications and Digital Culture



Christina with her family



# FINDING MY PATH AT BISHOP'S

Hi! My name is Mirana Iliza. I was born and raised in Rwanda and now live in Montréal, Québec. I'm currently finishing my second year in Psychology. After finishing CEGEP in Montréal, **I chose Bishop's because I wanted a place where I could figure out what I wanted to do, who I wanted to become, and how to join a community that I could really be part of. Bishop's turned out to be exactly that.**

When I got here, I started getting involved on campus right away. I became secretary for the

Bishop's Undergraduate Research Journal (BURJ) and joined the B.U. Undergraduate Psychology Society (BUUPS). I later served as the SRC Sexual Culture representative, where I learned what it means to advocate for student wellness and create meaningful change on campus. Now, as SRC vice president, I work alongside fellow student leaders to address issues that matter to our community and ensure every student voice is heard. My involvement on campus has shown me that students truly have the power to shape our university experience when we show up and contribute.

One of my biggest surprises was how early the doors started opening for me. In my first year, I landed an internship at Université de Sherbrooke, where I spent my summer working in a neuroimaging and epilepsy research lab. I didn't think opportunities like that were possible so early on, but my Bishop's professor saw potential in me and helped me make the connections. That summer completely shaped how I thought about my future career and sparked my passion for research.

Being in that research space inspired me to create opportunities for other students. When I came back to campus, I co-founded the Women's Health Research Club (WHRC), which connects students with the broader community through guest lectures from Bishop's alumni and experts in women's health research. It's been incredible to see how much interest there's been to engage with this topic and to build those connections. Recently, I also joined AMPS (Astronomy, Mathematics, and Physics Society), because at Bishop's, the education model encourages you to explore beyond your major and follow your curiosity wherever it leads.

Outside of campus, I work as a mental health support worker supporting children with special needs, an experience that complements what I'm learning in my psychology courses.

When I came to Bishop's, I wanted to figure out who I wanted to become, and between the research, the leadership opportunities, and my experience working with children, I'm getting closer to that answer every day.

My advice to incoming Gaiters would be to come ready to surprise yourself. Bishop's will give you room to grow in ways you can't predict.



Mirana Iliza

**Mirana Iliza**  
Hometown: Montréal,  
Québec, Canada  
2nd-year Psychology

# AN ORBIT TOWARD BISHOP'S

Hi! My name is Santiago, and I'm in my third year at Bishop's. I'm pursuing an Honours in Physics and Astronomy with a minor in Mathematics. I'm from a small Latin American country called Uruguay. Now, if you had told me a few years ago that I'd be studying in a small Canadian town, I definitely wouldn't have believed you.

After finishing high school, I wasn't sure what or where I wanted to study. I started university in Uruguay, then I considered moving to Buenos Aires in order to figure things out. That didn't last long either, so I moved to Atlanta, Georgia, for nine months, to live with my Dad.

While I was searching for the right place and the right path, my Dad (who studied in Canada) gave me the idea of taking a leap and applying to universities in Canada. I'd never lived in Canada before, and it felt like the right kind of challenge: a great science

program, a tight-knit community, and the chance to push myself way outside of my comfort zone. After visiting all the universities I'd been accepted into,

**BISHOP'S WAS THE ONE THAT MADE THE MOST SENSE TO ME. IT WAS THE PROFESSORS WHO CONVINCED ME OF MY CHOICE. AND WITHOUT A DOUBT IT WAS THE RIGHT DECISION.**

At Bishop's, I've found more than just a school, I've found a community. During my time here I've been able to play club soccer, volunteer at Open House events, and spend time off campus with friends bowling, ice skating, or playing mini golf. There's plenty of stuff

to do on and off campus. Some of my favorite memories were spontaneous adventures and cheering on the Gaiters at Coulter Field.

What surprised me most? Honestly, how cold it gets in the winter! But even that has become part of the experience. There's something unique about walking to class through fresh snow or trying to learn how to skate for the first time.

My biggest recommendation? Try everything. University goes by faster than you think. Say yes to new experiences, take that random elective, join that club, talk to that person sitting alone. Ultimately, try to put yourself outside of your comfort zone. B.U. is the best place for you to discover who you are and what you like. I came here not knowing exactly what I was looking for. Now, I can't imagine having gone anywhere else.

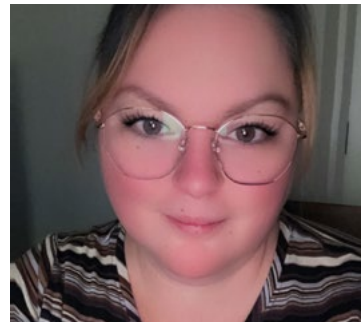
**Santiago  
Novoa Cattivelli**  
Hometown:  
Montevideo, Uruguay  
3rd-year Physics and  
Astronomy with a  
Math Minor



Interested in contributing to our blog?



mailto:social/media@ubishops.ca



## Neither Near, Nor Far

ANNY LECAULT AND JOHN HUGHES - PARENTS' PERSPECTIVE

Like many households with young adults who are looking to take on new and exciting academic challenges, my husband and I suddenly felt overwhelmed when it came time to "shop" for universities.

We had always sought to give our daughter opportunities to develop a skill set that we could not instinctively provide. She made the best of the arts-concentration programs in her elementary, high school, and CEGEP years, and gradually became a sought-after alto chorister and graphic artist. She also spent 10 years camping outdoors with the Girl (...)

## Across the Ocean to Bishop's

MAUDE CHARNET - CLASS OF 2026

If you had told me a few years ago that I would move across the ocean and call a small campus in Québec my second home, I probably wouldn't have believed you. Yet here I am, in my third year at Bishop's, and I can honestly say it's been one of the most intense, surprising, and meaningful experiences of my life.

I arrived in 2023 looking for something new and different from what I had always known in France, and Bishop's delivered in ways I never expected. Very quickly, I realized that this place really is one big community. Between the small (...)

## Nature, Community, Belonging

MARY-ELLEN CHAMPAGNE - CLASS OF 2027

Hi, I'm Mary-ellen Champagne from Saint-Jean-sur-Richelieu. I'm in my first year of Pre-Clinical Psychology here at Bishop's and I'm LOVING it!!!

I was attracted to Bishop's University because it is surrounded by nature. Its historical buildings and beauty inspires the secret creative writer inside me. I'm looking forward to sending out my first book manuscript next year.

I love the fellowshipping at Bishop's. There are so many clubs to join that match everything you need. I am currently in the Mature and (...)

## Becoming Her Best Self

RINDY AND TIM BRADSHAW - PARENTS' PERSPECTIVE

Applying to and choosing a university is an exciting, sometimes daunting, time. From the very beginning, our daughter Tessa was drawn to Bishop's University because of its unique size, stunning campus location, and academic programs. She welcomed the opportunity to be part of a close-knit community where students get to know their professors and have the opportunity to excel in many ways, not only at Bishop's, but also in the community. Little did we know how wonderful and diverse her experiences would be.

Tessa arrived at Bishop's (...)



# OUR SCHOOL SONG

From the minute you set foot on campus, you will hear the singing of our adopted school song with the opening line, "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 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:

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**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!**

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Winterfest



School Spirit

Orientation Week



Halloween

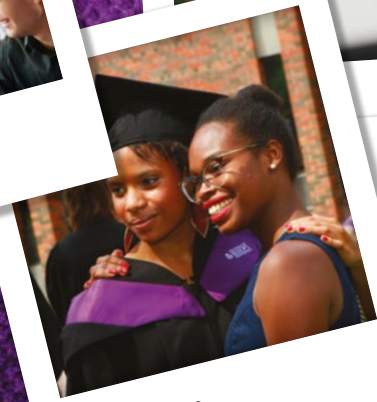
Why we say "Purple Everything"



Homecoming



BWH



Convo





**GET READY TO  
JOIN THE BISHOP'S  
COMMUNITY!**

**FOLLOW US**



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If you are attending Bishop's University this coming Fall 2026, join the Incoming Student Instagram account **@bu\_incomingclass2026**, view our videos, visit our website, and feel free to reach out to us at any time.