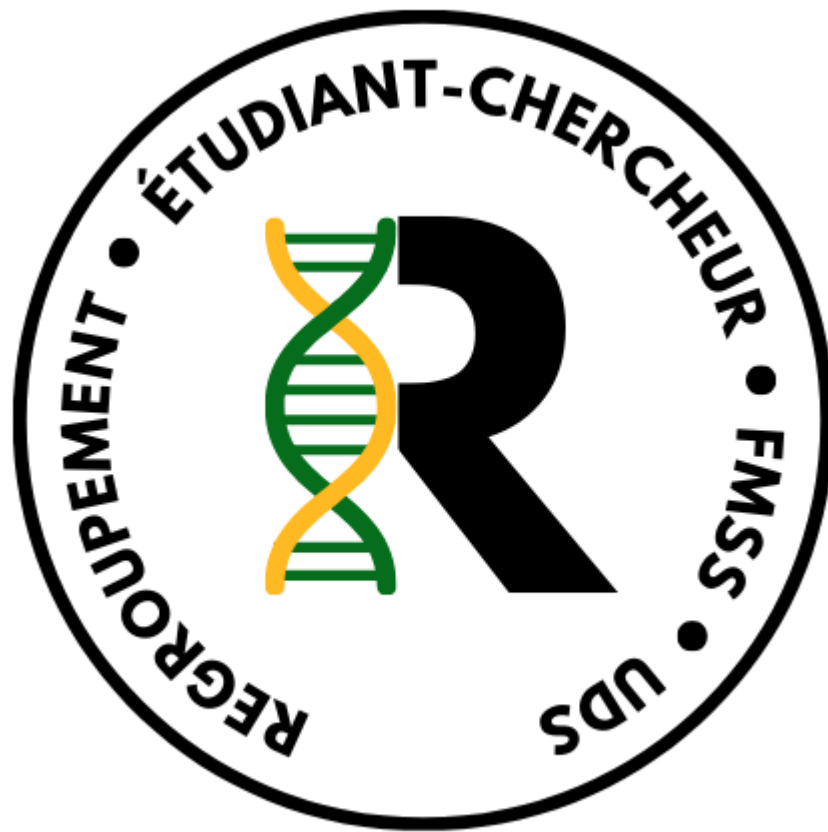


*Your survival guide  
for graduate studies!*



# Survival Guide

*2025-2026 Edition*

# Welcome !

Dear members of the RECMUS,

It is with great pleasure that we welcome you to the RECMUS! Basically, this association is made up of students from all graduate programs of the FMSS (Faculty of medicine and health science). The RECMUS team is there to organize original and entertaining activities for their members (which you are now a part of!), fund various projects (maybe yours!) and represent the interests of students (yours too!) in dealings with committees of the faculty. In short, whether you are starting a master's, doctoral or postdoctoral program, the team that represents you is also there to help you in all levels of the student life.

If you have any questions about your choice of supervisor, the organization in general, your career profile, the available scholarships, the tuition fees and the available resources, then this **survival guide** is for you!

Before you begin to read this guide, know that you are not alone! This guide was specifically created by members of the RECMUS who, when they started their graduate program, didn't always feel like they belonged. Nobody really talks about it, but most of us, sooner or later, go through a tough time and doubt ourselves. It is in these moments that we have to remind ourselves of the reason why we have decided to pursue graduate studies and that we are all in the same boat!



All in the  
same boat !

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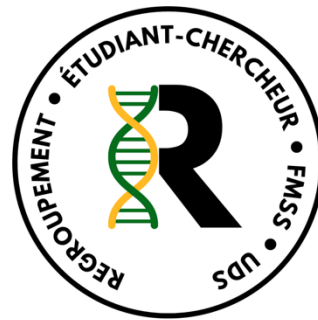
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## What is the RECMUS ?

The Medical Research Student Association from the University of Sherbrooke (RECMUS) was founded over 20 years ago by and for graduate students of the Faculty of Medicine and Health Sciences (FMSS). The RECMUS represents more than 450 graduate students and also postdoctoral interns working in the following eight programs: biochemistry, cell biology, immunology, microbiology, pharmacology, physiology, research in health sciences and biomedical imaging and radiological sciences.

The goal of the RECMUS is to allow the graduate students of all the different master's and doctoral programs of the FMSS to come together within a dynamic association that stand for them. The RECMUS defends the rights and promotes the interests of its members on several committees. The members of the Executive Council are often asked to sit on the following committees:

- Graduate Studies Committee
- Student Life Council
- Faculty Council
- REMDUS Congress
- Scholarships Committee
- Animal Ethics Committee
- Libraries Committee
- Radiation Safety Committee



The association aim to boost the active life at the faculty in order to favor the integration, the well-being and the fulfillment of its members during their graduate studies. Finally, the RECMUS supports the projects of its members by providing grants.

# Looking for a master's or a doctoral program ?

Do you want to pursue graduate studies, and you don't know where to start?

## *Identify your research interests*

You have a passion for pain neurophysiology and the cellular and molecular mechanisms related to it? You already have a good idea of where you are going and you can move on to the next point. Otherwise, if you don't know what your research interests are, we suggest that you start by making a list of the courses you really liked or the ones that have left a mark on you (positively) during your time in school. This will help you see things more clearly and identify your favorite research topic. It is important to enjoy your research project because it will keep you motivated during your studies.

## *Choose your supervisor*

In science, it is the research interest of your supervisor that will determine, in part, the research project on which you will work. It is one of the main reasons why it is essential to choose well. It is also important to make sure that you and your future supervisor are on the same page character- and work ethic-wise. This step is probably the most difficult since there are a lot of options, especially if you don't know what you are interested in. Most of the time we pick the easy solution and we go through the door that is already open. For example, if you have completed an internship in a laboratory and you receive an offer to continue your graduate studies there, it is understandable that you are tempted. We invite you all the same to take a look at other laboratories.

Using [this page from the FMSS](#), you will be able to look at the different research topic and the supervisors' profiles.

### ***Communicate with the professor***

Ideally, at this point, you have selected up to three professors you want to contact for more information. Before writing an e-mail, we suggest that you prepare a file that contains your academic CV (scientific publications, oral presentations or posters, social involvement, etc.), your academic record, letter of motivation and, if possible, letters of recommendation. As you would do for a job application, you can talk about yourself, mention your great interest in the laboratory, ask about mentorship opportunities, show your skills and ask some questions. This step is probably the most important of them all! Choose your words well and review your grammar. Since the supervisor is often busy, it might take a moment before you get an answer. Do not be shy to reach out again after some time. We also recommend that you personally meet the supervisor (you can make an appointment to meet them at their office or suggest a video call) to make sure that they are a good match for you.

### ***Know about the deadlines***

Generally, admission dates can be found on the program web page of your supervisor's field. If you have difficulties finding them, don't hesitate to talk with your future supervisor or write to us!

#### ***Advice from a teacher !***

"I would recommend that foreign students try a winter sport like cross-country skiing! Instead of suffering through the season, it would help them embrace winter and its benefits!"

- Martin Lepage, supervisor of the Radiology and Nuclear Medicine Department

# To know at the beginning of your graduate studies

## What to know about your finances?

### Tuition fees

A very important thing to plan for is the cost of your studies. You should know that in Canada, unlike some other countries, you have to pay to attend university. Tuition fees for graduate studies at the University of Sherbrooke are divided into two categories: course sessions and drafting sessions.

Master's program	Doctoral program
The <b>first 3 sessions</b> in a master's program are considered like course sessions. The tuition fees related to these sessions cost <b>approximately CAN\$1935</b> .	The <b>first 6 sessions</b> in a doctoral program are considered like course sessions. The tuition fees related to these sessions cost <b>approximately CAN\$1935</b> .
The following sessions, up until the end of the master's program, are called drafting sessions. The tuition fees related to these sessions cost <b>approximately CAN\$565</b> .	The following sessions, up until the end of the doctoral program, are called drafting sessions. The tuition fees related to those sessions cost <b>approximately CAN\$565</b> .

The information mentioned above reflects the cost for Québec students. [Foreign students](#) may have to pay increased tuition fees (also called differential tuition fees) depending on their country of origin. An example of the costs is shown in the chart 1 below. It should be noted that the students enrolled in a master's program of the FMSS can be granted a differential tuition fees exemption (international students and Canadian students (from outside Québec)).

In this case, these fees are reduced by half during the first two sessions and completely removed from the invoice during the third session. For doctoral programs from the FMSS, students are exempt from differential tuition fees.

**Table 1 – Example of a 15-credit session (master’s or doctoral research degree)**

	Québec students	Canadian students (from outside Québec)	International students (French or Belgian)	International students
<b>Course session</b>				
Enrollment fees	40.90\$CAD	40.90\$CAD	40.90\$CAD	40.90\$CAD
Tuition fees	1 483.65\$CAD	4630.80\$CAD	1 483.65\$CAD	10 160\$CAD
Related costs	344.68\$CAD	344.68\$CAD	344.68\$CAD	455\$CAD
Students association	50\$CAD	50\$CAD	50\$CAD	50\$CAD
UdeS Fondation	19\$CAD	19\$CAD	19\$CAD	19\$CAD
<b>Estimated Total</b>	<b>1 938.23\$CAD</b>	<b>5085.38\$CAD</b>	<b>1 938.23\$CAD</b>	<b>10 724.02\$CAD</b>
<b>Drafting session</b>				
Enrollment fees	415,84\$CAD	415,84\$CAD	415,84\$CAD	655\$CAD
Tuition fees	-	-	-	-
Related costs	89,56\$CAD	89,56\$CAD	89,56\$CAD	160\$CAD
Students association	50\$CAD	50\$CAD	50\$CAD	50\$CAD
UdeS Fondation	19\$CAD	19\$CAD	19\$CAD	19\$CAD
<b>Estimated Total</b>	<b>574.4\$CAD</b>	<b>574.4\$CAD</b>	<b>574.4\$CAD</b>	<b>884\$CAD</b>

***Withdrawal of institutional fees***

Certain fees can be removed from your invoice. The information and procedures for the deduction of the fees can be found [here](#).

## Differential tuition fees exemptions

<p><b>For international students</b></p> <p>If your country of citizenship is one of the <a href="#">signatories</a> you have to apply for an exemption from the government. You have to complete the <a href="#">application form</a> available on the government website and forward it to the person in charge of managing the exemptions (<a href="#">list</a>). You also have to complete the <b>UdeS form</b> and forward it to this <a href="#">e-mail address</a></p>	<p><b>For Canadian students (from outside Québec)</b></p> <p>You have to complete the <b>UdeS form</b> and forward it to this <a href="#">e-mail address</a>.</p>
<p><b>UdeS Forms</b></p> <p><a href="#">Master's studies</a></p> <p><a href="#">Doctoral studies</a></p>	

The complete resources can be found [here](#).

## Minimum wage

While studying for your master's or doctoral degree, you can earn wages or receive scholarships. The wages and the available scholarships can vary from one faculty to the other. At the FMSS, the immunology, cell biology, pharmacology, biomedical imaging and radiological sciences, biochemistry and microbiology programs offer a mandatory annual minimum wage of CAN\$20,000 for master's studies and CAN\$23,000 for doctoral studies. It is important to note that, for the research program in health sciences, this is only strongly recommended. In addition, your supervisor can pay you the minimum wage or increase this amount.

### RECMUS advice :

It is important to discuss this matter with your supervisor to avoid bad surprises after your arrival.

## Scholarship

You can receive scholarships even if you earn the minimum wage. There are different types of scholarships: training scholarship, travel awards, community service scholarships, etc.

**Training awards will allow you to increase your wages.** Let us explain:

- Your minimum wage is paid by your supervisor with their research funds. If you want to increase your wages, you have to negotiate with your supervisor or you will have to find money elsewhere.
- The extra money often comes from training awards. There are several scholarships of various amounts given by the university, the faculty, the provincial or federal government, and even from abroad.

At the FMSS, a program of master's and doctoral scholarship exists. This program allows you to earn up to CAN\$17,5000 per year for a master's (for a 2-year period) or CAN\$19,000 per year for a doctorate (3-year period). The complete information to submit a request is available [here](#).

These will pay your wages and your supervisor will have to add an amount to increase that number up to the minimum wage. It is up to you to discuss a potential increase with your supervisor.

Generally speaking, there are many available scholarships presented [here](#). Some may not be listed, so you can do your own research!

### RECMUS advice :

To help you submit a scholarship application, do not hesitate to ask your supervisor or former students who received those grants for help.

## What to know about the accommodations?

After applying for graduate studies at the Health Campus or the Longueuil Campus of the University of Sherbrooke, you will have to find an apartment. Table 2 below will give you an idea of the average cost of renting an apartment in Sherbrooke and Longueuil.

**Table 2 – Average cost for apartments on kijiji, depending on the city and the size of the unit\***

City	Studio-style	One-bedroom unit 3 1/2	Two-bedroom unit 4 1/2	Three-bedroom unit 5 1/2	Total average
Sherbrooke	788\$	1056\$	1306\$	1602\$	1188\$
Longueuil	951\$	1102\$	1243\$	1660\$	1239\$

*\*Survey of the RCLALQ on the price of rental housing in 2023.*

## **Student residences on the Health Campus**

The residences [Le Montagnais](#) are an accommodation option all included and fully furnished, located directly on the Health Campus of the University of Sherbrooke. On the other hand, the residences Le Sommet are located directly across from the Health Campus. This option is generally more expensive than an apartment or a room off campus, but it provides additional services like a training room, outdoor terraces and an advantageous location.

## **A Student room or an apartment in Sherbrooke**

If you are looking for a room or an apartment, there are some Facebook groups dedicated to the research of an apartment [near the main campus](#) or [the FMSS](#). Facebook Marketplace, Kijiji, LesPacs and Uni-Logi are also resources that can help you start your research. Keep in mind that if you want to use the public transport, the bus lines that serve the CHUS Florimont are the following: 7, 8, 8S, 401, 453, 454, 21 and 22. You can look for their schedule on the Société de transport de Sherbrooke ([STS](#)) website.

## Advice from a teacher!

“The first advice I give to recent graduates is to make sure that they stay in regular contact with their research supervisor and the members of the Supervisory Committee. I think it is good that the students talk about the ultimate goal of their studies, among other things, and determine if it matches the goal of the host laboratory. If there is a discrepancy, solutions must be found at the beginning. Master’s and doctoral studies are a long and difficult journey. My second advice is to set easy and achievable goals throughout this adventure. The idea is to help meet the need for self-achievement and the sense of accomplishment. My third advice is, but not the least, to avoid isolation and not hesitate to use the help resources available to them.”

- Claire Dubois, full professor in the Immunology Program

*Is it your first apartment ? If it is your first time looking for an apartment, do not panic!*

Here are some things to keep in mind:

- The rental price (electricity, heating, internet, etc.)
- The location
- Apartment-sharing or not
- The bus lines in proximity
- The possibility of a parking space
- Is it a furnished, semi-furnished or unfurnished apartment?
- Is there a washer and dryer hookup or a laundry room in the building?
- Are the electricity, heat and Wi-Fi included?
- The orientation of the apartment (if you love plants or you want to have your garden in the summer, it's very important!)
- An apartment that accepts animals if you have one
- Home insurance

### ***Health insurance and Hospitalization***

All Quebec students at the University of Sherbrooke are automatically enrolled in the FEUS or REMDUS Collective Health and Dental Care Plan.

International students are required to join the collective health and hospitalization insurance plan offered by UdeS upon their arrival. The cost of this insurance is \$324 per semester for the 2023-2024 academic year (amount may vary depending on the year).

However, there are agreements between certain countries and Quebec that exempt international students from paying health insurance fees.

International students from France who hold French nationality can benefit from access to Quebec's health insurance plan (RAMQ).

**If you reside in Québec for **LESS** than 6 months**

1. The duration of coverage for RAMQ corresponds to the period indicated on the SE 401-Q106 form, which you must obtain from your social security office before departure.

**If you reside in Québec for **MORE** than 6 months**

1. The duration of coverage by RAMQ corresponds to the period indicated on your Quebec Acceptance Certificate (CAQ).
2. Outside the coverage dates, you must obtain private insurance for the uncovered period

With the help of [this UdeS page](#), you will be able to find various information regarding health insurance fees.

### ***Taxes***

The International Students Program, in collaboration with Solutions Budget Plus, offers support services for filing your tax declaration.

Several information sessions are organized for international students in February to provide details on procedures and deadlines for filing taxes.

If you have any questions regarding taxes, feel free to visit the [FAQ](#) page directly.

## **How to manage your time well?**

Knowing how to balance academic, professional and personal life is a challenge. The first thing to do is to manage your time well so as to avoid bad surprises: easy to say, but not so easy to do! Here is our advice so you will not have to cancel all your dinners with your friends to work in the lab instead.

### ***Calendar and Planer***

Your planer will be your best friend during your graduate studies. First, we recommend that you write all the activities, conferences, meetings, presentations and exams that will take place during your session (time passes so quickly you won't notice it!). This way, it will be easier to differentiate priorities and deadlines from the coming events. For a complete peace of mind during the weekends, you should plan your week schedule before. For example, you can take time on Friday to plan the following Monday and Tuesday. This will allow you to not think about it during your weekend and still be ready Monday morning. You have a job while you are pursuing graduate studies? We strongly recommend that you take some of your precious time to plan your week.

### ***Other tools at your disposition***

Besides your agenda, the Office Suite (available through the University) provides several tools that can help you plan your schedule or your work. For example, Microsoft Planner allows you to create tasks, set a date, assign tasks to someone and check off tasks as they are completed. Microsoft To Do allows you to create tasks that will also appear in your Outlook calendar. To organize your projects, you can use OneNote, Project or Lists. Delve gathers the documents created on Teams and your Office account. In addition to Microsoft Office, there is a variety of applications and software that can help you organize your ideas, like Xmind, iThoughts or Mindjet (to name only a few).

### *Take some time for yourself*

It seems less important than it is, but it is essential that you take some time for yourself! Practicing a sport, walking to do your errands or saying yes to an evening with friends are all actions that can help you forget about work. Your personal life is just as important as your professional and academic life. It must not be overlooked, so do not hesitate to sign-up for activities to take your mind off things.

#### **RECMUS advice :**

We plan activities for you! Even if you don't know a soul there, join us! It will be our pleasure to welcome you.

### *What is the center CR+ and how can it help you?*

The Research Skills Centre (Centre CR+) is an important advantage provided by the UdeS to research students. During **doctoral or postdoctoral program**, the Centre allows students to follow, specific courses related to transversal skills to be learned. It is also possible to obtain an official certification, attesting to the addition of those skills during their disciplinary training.

The Centre CR+ organizes training workshops, seminars, and complete and credit programs. In short, it is a range of adaptable services according to the goals of each student and their precise needs for additional training.

The educational activities are following the 5 general themes below:

- ⇒ Communication (e.g. write and publish a scientific article)
- ⇒ Professional and personal efficiency (e.g. supervise interns)
- ⇒ Leadership and management (e.g. manage the research and innovation)
- ⇒ Professionalism and responsible conduct of the research
- ⇒ Career management (e.g. take charge of their research career)

It should be noted that the courses given by the CR+ are **FREE** for the students enrolled in a doctoral or postdoctoral program. They have two options when registering: tailor-made courses or a microprogram of 15 credits.

<b>CONTACT:</b> Research Skills Center + 819 821-8000 extension 61332 <a href="mailto:centrecr@USherbrooke.ca">centrecr@USherbrooke.ca</a>	Complete list of the courses <a href="#">here</a> Registration link <a href="#">here</a>
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## To consider during your graduate studies

### How to efficiently organize you work ?

In anticipation of writing your dissertation or your thesis, you need to have a good organization from the beginning (yes, we talk about that a lot and it's not for nothing). It is an aspect you cannot neglect when you write a paper. Here are a few advice to facilitate what comes next and avoid searching for hours the product catalog number you used 15 months ago.

### *Notebook laboratory*

For that reason, it is essential not to underestimate the importance of a filled notebook. Whether you use a digital or a paper notebook, do not forget to include the information that may be relevant during your writing process (for example, amendments to the protocol or the product catalog number). Also, even if it seems like a waste of time, we recommend that you make a table of contents in your laboratory notebook (for example, one based on the experiments). This will help you find the information faster and organize your new experiments efficiently.

### *In preparation for writing a scientific article*

During your academic career, you may be led to write scientific articles regarding your research results. Writing an article is a long process, but certain parts can be prepared progressively during your experiments. For example, you can prepare your figures as soon as you obtain some results or even write about the equipment and the method of the technics used as your work advances. Assembling figures and the part about the equipment and the methods take time, but it can be done in advance! It will give you more time to describe the results and the discussion.

#### **RECMUS advice:**

You can also search for a scientific journal in which you would like to be published. Each journal has a different publication criterion: colors to use, image size, number of words or figures, etc. The more you know about the scientific journal you choose, the more you can adapt so that your article fits well with their work.

### *Citations and references*

You can also, and this is strongly recommended, use a reference management software. As you progress in your academic career, you will collect a lot of articles you have read. To keep track of them, you can use a reference management software like Zotero, Papers or ResearchRabbit. If you don't know how to use Zotero, the library and archives services of the university [offer classes to learn how to use it](#). The management of your readings is to start as soon as possible. If you find the time, you can also annotate the articles and highlight the important information you found to avoid reading all of them again when you will have to write an article, a dissertation or a thesis.

### ***When you return from vacation***

You will probably take a vacation during your graduate studies. Whether it be one or three weeks, you may find it difficult to come back after taking some time off! Before going on vacation, you should write on a piece of paper or in a Word document where you were on your project. What experiments were you going to perform next? Do you still have data to analyze? Where were you in your writing? Provide a clear overview and you will be able to quickly get back to work after you return from vacation.

### **How to make career choice (academic vs non-academic) ?**

Master's and doctoral studies open the way to a multitude of careers of various interests. University years provide an occasion for all to learn about themselves and determine which career will ensure that they wake up in the morning with a smile on their face. Two profiles will be discussed in this section: academic and non-academic.

### ***Towards a career in the academic field***

Having an academic career means you can, for example, hold a position within the teaching staff, be a research assistant or a postdoctoral intern assistant. If you are interested in the academic field, you should know that the number of positions available is limited and that the selection process is a demanding one, especially for a professor position. The quality of the research resume is essential. The numbers of published papers, but also the journal impact factor in which those papers were published will be evaluated during the job search. Teaching experience can also be an advantage. For example, if you are fortunate enough to be a lecturer or a laboratory demonstrator, it is a good way to gain experience.

Getting involved in your university and in the student life can be an advantage on your CV. It also pays to build up a network of contacts during your years of study. In this case, Twitter can be an excellent tool. Take advantage of conferences to expand your network. Professional mobility during your university studies is also looked upon favorably. Finally, if you are interested in the academic field but you do not want to be a professor, know that there are other career choices in this environment, such as laboratory or academic coordinator. Don't hesitate to ask around for more information about these positions.

### ***Towards a career outside the academic field***

It is certainly possible that you have an interest for the research in the academic field, enough to obtain a doctoral or a master's degree, but that you do not wish to pursue a career in an academic environment. In this case, your career options can be found outside of the academic field with a variety of options from which to choose: the private sector (industry, administration, management, sales, etc.), the public sector (hospitals, government, education, health service, etc.), the individual sector (freelance) or the charitable sector. Each of these options comes with their own demands and it will be up to you to browse through your experience and make your CV stand out from the others. It could be, for example, a microprogram to acquire the necessary skills for your chosen career, an internship in your chosen field or your involvement in your academic life. Several resources are available to help you find potential jobs after your graduate studies: [versatilephd](#) or [intersectjobsims](#). It is also important to keep in mind that a lot of the [skills you will develop during your master's or doctoral program](#) will be transferable to a job outside the academic field.

### RECMUS advice:

It is certainly possible that you don't know exactly which sector of employment is the best option for you. More reasons to gain a maximum of experiences: get involve in a student association, apply for a job available on campus, try scientific popularization, etc. Furthermore, don't hesitate to discuss it with your research supervisor or your mentor. They could know someone in a sector of employment that might interest you and introduce you! Other resources are also available to you, like the guidance service of the university.

#### **What are the available resources?**

As mentioned before, it is possible that there might be bumps along the way during your graduate studies. Whether you need support on the personal, professional or academic level, know that you are not alone and that a multitude of resources are there to help you.

#### ***Student associations* ([here!](#))**

Generally listed on the first page of your UdeS planer, student associations are an excellent first resource. The first two main associations are the FEUS (all bachelor's degrees at the UdeS) and the REMDUS (all master's and doctoral degrees at the UdeS). Based on your program of study, you contribute to the relevant associations. They will be able to answer you, no matter the nature of your questions. If that is not the case, they should be able to point you in the right direction. Do not hesitate to contact us at the RECMUS, because we are here to help you!

## ***Student support services***

You doubt yourself or you need help? No matter the subject, many [services](#) are there for your well-being. Among these services, there is the **student life aids**, which are staff members that offer you their confidential support on any subject. In the same line, the **peer support** program, which is formed by staff members trained for this role, is there to support and direct their colleagues towards the appropriate resources. The **sentinels** are also an available suicide prevention resource.

There is also **the guidance and psychology service**. The **guidance service** is free for the students officially registered at the University of Sherbrooke and can be offered with or without an appointment and with or without a follow-up. In any cases, they ask you about the objective(s) you would like to meet during those meetings (which are about 50 minutes) and they are structured according to your needs. This service is perfect if you are wondering about your interest, if you feel like you need to confirm some things regarding your professional or academic life or if you simply wish to know about your employment prospects. In addition, there is no limit to the number of appointments you can make.

The [psychology service](#) is available for CAN\$50 per meeting (generally one hour) and is offered on a one-time basis or with follow-ups with a maximum of eight consecutive meetings. After that, you can always register again if need be or make occasional appointments. All the terms and conditions are mentioned on the registration form.

### **RECMUS advice:**

For a psychological follow-up, don't wait to complete the registration form! The wait time for this service is estimated to four weeks, depending on the time of the year.

An aspect that must not be neglected is the health! The **Health Clinic**, located in the E2 building of the main campus, will answer your questions related to your health. For example, they offer consultations for several problems or concerns (physical or psychological) or various screening tests.

There is also an app called [Conversation](#), provided by **Dialogue**, which is a telehealth platform that offers quick access to mental health professionals at no cost, offering consultations until remission. Dialogue also gives you access to [AlloDoc!](#). It's a virtual health care service that connects you, the same day or the next day, with nurses and doctors across Canada 24/7.

Finally, **financial aid** is also offered by the student life support service. For budgetary issues or demand about a scholarship or a loan, the financial help service team will give you advice to avoid or, at least, minimize the impact of financial problems.

### ***Mentorship Committee***

Being mandatory for every student in a master's or a doctoral program in the FMSS, the Supervisory Committee has for principal objective to provide support to the students on the scientific, academic and even personal level. Besides the mandatory meetings, you can, at any moment of your school path, convene your mentor(s) for more or less formal meetings. Do not hesitate to talk to your mentor about your project, the deadlines, your file, your career plans, etc. They will be able to provide a new perspective on your results and your project prospects. They can also let you benefit from their network if you would like to take part in an observation day in a laboratory or a company, for example

### Advice from a teacher!

“Graduate studies are no small feat. They are filled with successes and failures, but it is essential to keep in mind that it is normal to feel down or not up to the task occasionally. Don’t hesitate to talk to your supervisors or your colleagues, you are not alone. It is important to support each other between university community members. And most of all, celebrate the small victories. Graduate studies are often a ‘required’ passage to pursue our dream career. Never forget the reason why you are pursuing master’s or doctoral studies and most of all, keep in mind the knowledge or skills you will need to possess to obtain your dream job. Be opportunistic to acquire these during your studies. Time flies by. Anyway, work hard, work well and have fun. Support each other, you are all in the same boat. And feel free to talk to your supervisors about your concerns, your frustrations and your needs. We all went through the same experience.”

- Véronique Giroux, assistant professor in the Immunology and Cell  
Biology Department

#### *Networking and social media : our tips*

This may be a surprise for you, but this guide also contains a section on networking and social media! Because science is not only happening in laboratories, but also on social media. Whether you are pursuing a master’s degree, searching for a doctoral or postdoctoral program or a job, networking and social media can open several doors! The most often used networking platforms are LinkedIn and X.

## *LinkedIn*

On LinkedIn, you will be able to develop your network and follow professionals or companies in which you are interested in. LinkedIn is also a very great tool for job searching. You can discuss with potential employers and send your application. Do not forget to regularly update your LinkedIn account with your newest professional and volunteer experiences!

## *X (Twitter)*

X is a network most often used by the academic research, but also the companies. You will be able to find a doctoral, postdoctoral or even job offers. It is a media often used by young researchers to announce good news from their laboratory. If you are interested in scientific communication, X is your gold mine! You will find plenty of people in this community sharing a lot of their ideas. One thing you should know: the scientific community on X is mostly Anglophone. Twitter is also a good support network for graduate students. Some accounts share, for example, advice on how to take care of your mental health or how to improve your seminar presentations. The following accounts are included in this category and they put in contact graduate students from all around the globe: @OpenAcademics or @HappyResearchers.

**RECMUS adive :**  
Don't hesitate to use hashtags like #PhDChat or #AcademicChatter on Twitter to share your publication in the academic research community!

### ***Warning on the use of social media in the field of laboratory sciences***

Social media can be a valuable tool for knowledge dissemination and scientific communication. However, it is important to note that posts on social media do not always reflect the complete reality of scientific research or laboratory life.

### ***Others***

Keep an eye on Instagram and TikTok: more and more researchers and laboratories are beginning to use these platforms! Generally speaking, you can also subscribe to the pages of the UdeS student community on Facebook and the pages of the UdeS student associations. Find us on social media, on Facebook (@Recmus) or Instagram (@UdeS\_Recmus) if you don't want to miss any of the activities or contests that we organize.

## Resources

For academic problems, do not hesitate to contact:

1. Your program management
2. Your department management
3. Academic Clerks
4. Graduate Studies Coordinators.

<https://www.usherbrooke.ca/medecine/recherche/personnes-ressources#acc-5374-1011>

For financial assistance:

- Financial Aid Department  
<https://www.usherbrooke.ca/etudiants/finances/aide-financiere>
- FORCE Studies Foundation  
<https://forceetudes.ca/>

To obtain official UdeS documents (e.g. transcripts, certificate of registration):

- Service Center  
<https://www.usherbrooke.ca/etudiants/services-administratifs/centres-de-services>

When you face breaches of the rules: The FMSS Respect team

<https://www.usherbrooke.ca/medecine/communaute/etudiantes-et-etudiants/sante-et-aide-a-la-personne/fmss-respect>

- The Faculty Secretariat.  
[secretairefac-med@USherbrooke.ca](mailto:secretairefac-med@USherbrooke.ca)
- Student Ombudsman  
<https://www.usherbrooke.ca/ombudsman/fr/>

## Resources for your physical and mental health:

- Psychology and Counselling Service  
<https://www.usherbrooke.ca/etudiants/sante-et-aide-a-la-personne/psychologie>
- Psychosocial Intervention Counsellors  
<https://www.usherbrooke.ca/etudiants/sante-et-aide-a-la-personne/intervention-psychosociale>
- UdeS Health Clinic  
<https://www.usherbrooke.ca/etudiants/sante-et-aide-a-la-personne/clinique-de-sante>
- Virtual mental health  
[https://aseq.ca/rte/fr/wwwsanteetudiantecom\\_REMDUS\\_Sant%C3%A9mentaleetbien%C3%AAtre](https://aseq.ca/rte/fr/wwwsanteetudiantecom_REMDUS_Sant%C3%A9mentaleetbien%C3%AAtre)
- Virtual physical health  
[https://aseq.ca/rte/fr/wwwsanteetudiantecom\\_REMDUS\\_VirtualHealthCare\\_AlloDoc](https://aseq.ca/rte/fr/wwwsanteetudiantecom_REMDUS_VirtualHealthCare_AlloDoc)

## For questions or issues related to your status as an international student:

- USherbrooke International  
<https://www.usherbrooke.ca/international/fr/nous-joindre/prise-de-rendez-vous>

## Your great student associations are also there for you:

- A survival guide.  
<https://recmus.association.usherbrooke.ca/ressources/le-guide-survie-pour-les-etudes-superieures-du-recmus>
- RECMUS  
recmus-med@usherbrooke.ca  
<https://recmus.association.usherbrooke.ca/>
- REMDUS  
<https://www.remdus.qc.ca/>
- Student Rights Office (BUD)  
<https://www.remdus.qc.ca/a-propos-du-bde/>

