



## Student-Generated Co-Curricular Record

Below is a list of your involvement in recognized McGill events and student-led initiatives. These activities are not for academic credit and do not appear on the academic transcript. This unofficial record may include self-reported experiences, which have not been verified by the University and are included for your own personal planning purposes. These self-reported experiences will not appear on your official co-curricular record.

**Name:** Francisca Leonardo

**Date:** March 31, 2022

### Organizational Involvement

---

#### Students of McGill Children's Health Alliance of Montreal

**Position**

Member (2019-01-21 - 2021-09-29)

---

#### Homework Zone

**Position**

Member (2018-02-12 - Present)

---

**Total Approved Service Hours: 36.00**

---

#### McGill Students for Foundation for International Medical Relief of Children

**Position**

Member (2020-03-22 - 2022-02-07)

---

#### SKILLS21

**Position**

Member (2018-08-31 - 2021-04-21)

---

### Campus and Community Engagement

---

#### Homework Zone Mentors

**Organization:** Social Equity and Diversity Education Office

**Dates:** (2017-01-21 - 2017-04-07)

## Homework Zone Mentors

### Description

Homework Zone is an after-school mentorship program that connects McGill students with elementary school students from under-served Montreal communities. McGill student mentors volunteer three hours per week during the semester assisting their mentees with homework assignments and completing creative projects. Mentors serve as role models for and form lasting relationships with their mentees while developing conflict management and oral communication skills.

**Hours: 30.00**

---

## Science Outreach: Ambitious Science Teaching

**Organization:** Faculty of Science - Science Outreach

**Dates:** (2019-02-02 - 2019-02-02)

### Description

In this 3.5-hour session, participants learn about research on inquiry-guided learning, role-play and compare different teacher discourse moves to identify which work best to elicit discussion among students, learn how to incorporate Ambitious Science Teaching techniques into their presentations, review the Quebec Education Program Progression of Learning to identify age-appropriate concepts and how they relate to their own lesson plans, and revise those lesson plans to apply and integrate what they have learned.

**Hours: 3.50**

---

## Personal and Professional Development

---

## Equity 101

**Organization:** Provost and Vice-Principal (Academic)

**Dates:** (2019-01-23 - 2019-01-23)

### Description

This 90-minute workshop is designed to give participants a "101" understanding of equity, and how society is shaped by power and oppression. During this session, participants will explore and discuss misconceptions, experiences, and the ways in which (in)equity impacts our lives as individuals and communities. Participants will be encouraged to self-reflect and share experiences and collective knowledge. Strategies and tools for working towards equity will also be shared so that together we can all take action for social justice and change at McGill and beyond.

**Hours: 1.50**

---

## My Neighbour's Faith: Visit to Kahnawà:ke

**Organization:** McGill Office of Religious and Spiritual Life

**Dates:** (2019-10-25 - 2019-10-25)

### Description

"My Neighbour's Faith is a series of visits to religious organizations and sacred sites around Montreal to learn about different faith traditions, observe a religious practice, and ask questions of community members. Participants learn about Indigenous perspectives on spirituality through a guided visit of the St. Francis Xavier mission and St. Kateri shrine, and to the Kanien'kehá:ka Onkwawén:na Raotitióhkwa Language and Cultural Center, hosted by a local tour guide, in order to gain a better understanding of the beliefs and practices of the members of this community. Through exposure, dialogue and experiential learning, students who participate in these visits become better equipped to live harmoniously in a pluralistic society."

---

## Conflict Management

**Organization:** Campus Life & Engagement

**Dates:** (2019-09-24 - 2019-09-24)

## Conflict Management

### Description

In this interactive 60-minute workshop, students explore different conflict management styles. Participants gain skills for effectively collaborating with others and how to improve their conflict management skills. This workshop is offered as part of the Emerging Leaders Workshop Series.

---

## Ethics

**Organization:** Campus Life & Engagement

**Dates:** (2019-10-01 - 2019-10-01)

### Description

In this 60-minute session, students explored the ways in which ethnics and leadership intertwine and learned how ethical thinking applies to leadership. Moreover, the participants were exposed to different approaches regarding ethical issues. This workshop is offered as part of the Emerging Leaders Workshop Series.

---

## Motivation

**Organization:** Campus Life & Engagement

**Dates:** (2019-09-17 - 2019-09-17)

### Description

This 60-minute workshop encourages students to examine their perceptions and definitions of motivation. They learn about various motivational techniques and inspires them to these methods in their own lives. This workshop is offered as part of the Emerging Leaders Workshop Series.

---

## My Neighbour's Faith: Visit to Chabad House for Shabbat services

**Organization:** McGill Office of Religious and Spiritual Life

**Dates:** (2019-02-23 - 2019-02-23)

### Description

My Neighbour's Faith is a series of visits to religious organizations and sacred sites around Montreal to learn about different faith traditions, observe a religious practice, and ask questions of community members. Participants experience prayers followed by a Q&A, and enjoy lunch with the community. Through exposure, dialogue and experiential learning, students who participate in the visit become better equipped to live harmoniously in a pluralistic society.

---

## My Neighbour's Faith: Visit to Reform Temple

**Organization:** McGill Office of Religious and Spiritual Life

**Dates:** (2020-01-31 - 2020-01-31)

### Description

My Neighbour's Faith is a series of visits to religious organizations and sacred sites around Montreal to learn about different faith traditions, observe a religious practice, and ask questions of community members. Participants attend a special event hosted by the Temple Emanu-El-Beth Sholom, listen to a guest speaker address the congregation in the Shabbat services during the Muslim Awareness Week. Through exposure, dialogue and experiential learning, students who participate in this visit become better equipped to live harmoniously in a pluralistic society.

---

## How to Respond to Disclosures Workshop

**Organization:** OSVRSE

**Dates:** (2019-10-10 - 2019-10-10)

## How to Respond to Disclosures Workshop

### Description

During this 2-hour interactive workshop, participants examine how to respond to and support people affected by sexual violence using appropriate tools and approaches. Participants learn about the various impacts that sexual violence can have on individuals, explore key terms, and discuss commonly held myths that may affect one's ability to effectively respond to and support disclosures. Small-group scenarios and videos are used for practice application.

**Hours: 2.00**

---

## Citizenship & Culture

**Organization:** Campus Life & Engagement

**Dates:** (2020-01-20 - 2020-01-20)

### Description

In this 60-minute workshop, students gain a better understanding of how citizenship and culture can relate to leadership. They explore how their own culture, citizenship, and personal background could enhance their leadership skills. This workshop is offered as part of the Emerging Leaders Workshop Series.

**Hours: 1.00**

---

## Skills for Success in a Professional Environment

**Organization:** Teaching and Learning Services

**Dates:** (2020-02-10 - 2020-02-10)

### Description

In this 90-minute workshop, participants are introduced to some of the soft skills that are essential to any career, academic or not. In particular, they learn about effective workplace productivity techniques, strategies for working collaboratively and individually, and tips to improve and apply their professional skillset.

**Hours: 1.50**

---

## Learning and Memory

**Organization:** Office for Students with Disabilities

**Dates:** (2020-05-22 - 2020-05-22)

### Description

In this webinar, participants learn: to recognize the relationship of learning and memory in an academic setting; to compare different strategies that will allow them learn and memorize content in a way that will allow them to attain their academic objectives; and to compare strategies that better suit their learning needs.

**Hours: 1.00**

---

## Entrepreneurship 101 [formerly titled Guide to Entrepreneurship (Webinar)]

**Organization:** Teaching and Learning Services

**Dates:** (2020-06-11 - 2020-06-11)

### Description

This webinar will identify different resources available to start-ups, show you how to create a basic business plan, and highlight key documents that are important when setting up a new business. It will also review the pros and cons of different company sub-types: sole proprietorships, partnerships, incorporated, and non-profits.

**Hours: 1.00**

---

## Active Listening

## Active Listening

**Organization:** Student Wellness Hub

**Dates:** (2020-05-21 - 2020-05-21)

### Description

Students who complete this workshop will understand the role of the helper; understand active listening; improve communication skills; connect with other students.

**Hours: 2.00**

---

## Leadership Stream Attestation

**Organization:** SKILLS21

**Dates:** (2020-04-30 - 2020-04-30)

### Description

The SKILLS21 program for undergraduate students provides opportunities and support for participants to develop skills across five streams: Citizenship, Collaboration, Discovery, Leadership, and Wellbeing. To receive recognition for the Leadership stream, students attend their choice of five workshops from a provided list, with a minimum time commitment of five hours total. The eligible workshops introduce participants to promoting individual and group development to create positive change through topics such as leadership styles, emotional intelligence, motivation of others, equity, and change management.

---

## Financial Skills for the Real World: Prospectus & Fund Facts

**Organization:** SKILLSETS Graduate Workshops

**Dates:** (2020-05-27 - 2020-05-27)

### Description

In this 2-hour webinar geared towards graduate students and delivered by a SKILLSETS Skills Development Officer, participants learn how to make sense of key information covered in mutual fund & ETF fact sheets, and how to locate relevant information found in common financial documents regarding portfolio performance, fund allocation, and fees charged.

**Hours: 2.00**

---

## Financial Skills for the Real World: Portfolio Balancing

**Organization:** SKILLSETS Graduate Workshops

**Dates:** (2020-06-01 - 2020-06-01)

### Description

In this 2-hour webinar geared towards graduate students and delivered by a SKILLSETS Skills Development Officer, participants learn how to determine their risk tolerance and the theory behind selecting an appropriate portfolio balance. They familiarize themselves with the pros and cons of mutual funds, robo-advisors, and managing their own ETF portfolio. Additionally, they learn to use various free online tools that can help them determine when to rebalance their investments.

**Hours: 2.00**

---

## Financial Skills for the Real World: Advisors & Financial Planning

**Organization:** SKILLSETS Graduate Workshops

**Dates:** (2020-06-03 - 2020-06-03)

### Description

In this 2-hour webinar geared towards graduate students and delivered by a SKILLSETS Skills Development Officer, participants learn which questions to ask a financial advisor in order to determine whether they will be able to address their specific needs. Participants also learn about the key features of a personalized financial plan by going over the information contained in an Investment Policy Statement and on a Know Your Client form.

**Hours: 2.00**

---

## Financial Skills for the Real World: Investing & Taxation

**Organization:** SKILLSETS Graduate Workshops

**Dates:** (2020-05-25 - 2020-05-25)

### Description

In this 2-hour webinar geared towards graduate students and delivered by a SKILLSETS Skills Development Officer, participants learn when it makes more sense to contribute to an RRSP vs. a TFSA. They also learn about some more advanced features of various types of investments and how they get taxed, as well as how to track and report dividend distributions from a margin account for tax purposes.

**Hours:** 2.00

---

## Student-Led Initiatives

---

### RISC Case Study Team Member

**Organization:** Rare Disease Interdepartmental Science Case Competition

**Dates:** (2019-09-19 - 2020-03-20)

### Description

Throughout the year, with the help of librarians, researchers, and professors, each team (5-10 students) participates in workshops and mentoring sessions to learn how to navigate a research database, understand complex symptoms, and prepare a final oral presentation. In the final presentation at the symposium, teams present their distinct pathophysiology, possible therapy/area of research, and socioeconomic challenges associated with their individual rare disease to a panel of judges, comprised of McGill professors and researchers.

---

The Co-Curricular Record Pilot Program began in September 2012 and only select activities were recorded. For more information, please contact Student Services at [myinvolvement@mcgill.ca](mailto:myinvolvement@mcgill.ca) or visit our website at [mcgill.ca/involvement](http://mcgill.ca/involvement).