

By Students, For Students

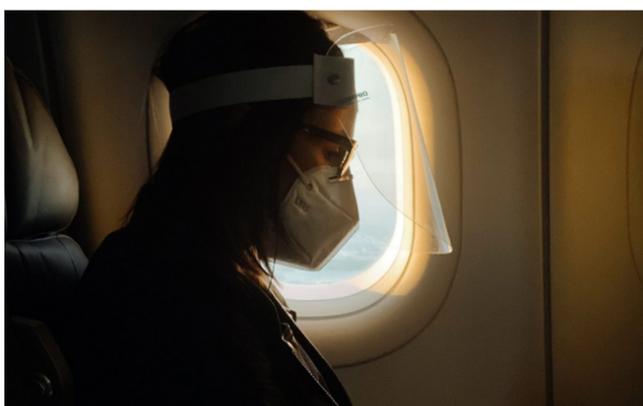


Student Events at St. Mike's!

Lisa-Marie Lofty, The Mike Contributor

As this period ends for most students, it is important to take a break and recharge. One way to do so is by taking part in upcoming student events at St. Michael's College (St. Mike's). This is a healthy way to relax, make new friends, learn, and get involved in campus activities. St. Mike's students around the world will be able to participate, as many of the events have been moved to online platforms in order to satisfy Ontario health regulations. . .

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The Mental Health Crisis within the Global Crisis

Isabelle Buchanan, Features Editor

University is a stressful place; with exams, deadlines, extra-curriculars, jobs, all while trying to figure out your future. Especially at a top university like the University of Toronto (U of T), where overachieving students often create an environment of hostile competition, mental health services are crucial . . .

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Six Cruelty-Free Beauty Brands to Add to Your Makeup Bag

Rosemarie Rotundo, Arts Editor

Have you made sure that all of the makeup in your makeup bag is cruelty free? Unlike when grocery shopping, where it is almost too easy to choose the organic or non-GMO option for the food we purchase, information about beauty products often requires a bit more research. Of course, there are companies that brand themselves with their corporate social responsibility . . .

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International Students Return to Canada

Lorenzo Canneri, News Editor

The government of Canada has amended travel restrictions, allowing some international students attending select institutions to re-enter the country as of Tuesday, October

20th. The new regulations will help international students who did not have a study permit issued before March 18th. The new study permit restrictions will apply to all students, regardless of their country of origin . . .

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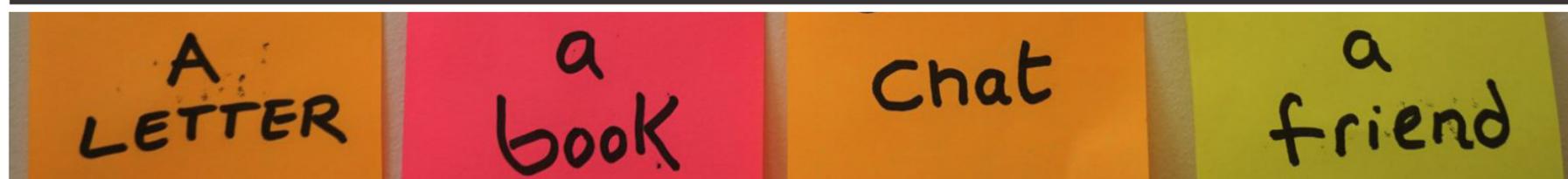
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Staying Social in Phase Two

With Ontario back in Phase Two, what can students do to stay social, especially leading into reading week?

Isabelle Buchanan, Features Editor

Usually your last year of undergrad comes along. As numbers continue to spike in Ontario, we have seen ourselves enter into another lockdown. I am sure we have all been paying fairly close attention to the changing government protocols, but in case you missed it, Toronto has entered Phase Two again. While patios and outdoor areas remain open, indoor seating at restaurants and bars has closed again, and there is a limit of ten people for group gatherings inside. The provincial government also suggests that you form small social bubbles, and try to socialize within your household.

While we managed to get through Phase Two the first time, it will be a lot more difficult this time around. Before, it was easy to remain safe and social; it is easy to see people outside and

find outdoor activities during the Summer. However, it is now getting quite cold. Living in Canada, we probably have a few more weeks before it becomes unbearable to spend time outside. Therefore, we should take advantage of the few more nice days left. And we are lucky enough that reading week coincides with this nice weather.

Not only are we lucky enough to get a pause on school, but our reading week is actually supposed to be unseasonably warm. I know that reading week is not supposed to be a vacation – trust me, as a third year UofT student, I know the importance of getting work done over reading week – it does give us a break and relief in our workload. So take advantage of it! A lot of students either go home or on a trip during reading week,

but are not able to this year because of the pandemic. If you are one of these students, you are probably feeling a bit sad – I know I always look forward to seeing my family and friends from home, and I am disappointed that I will not be able to this semester. But that does not mean that this reading week cannot be exciting, nonetheless!

That is easy to say, but the question remains: what can we actually do with all these closures? Well, luckily we live in a large city, with tons of activities and places to visit . . .

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The Mental Health Crisis within the Global Crisis

How has the University of Toronto responded to the toll of COVID-19 on the mental health of students

Isabelle Buchanan, Features Editor

University is a stressful place; with exams, deadlines, extracurriculars, jobs, all while trying to figure out your future. Especially at a top university like the University of Toronto (U of T), where overachieving students often create an environment of hostile competition, mental health services are crucial.

Over the past few years, U of T has witnessed a rise in mental health concerns among its students, and the community has been deeply saddened by the large amount of suicides and attempts. Outraged students have responded to these events, speaking out against U of T's lack of mental health services, and demanding for change.

As one of the leading research institutions on COVID-19, U of T has actually released studies explaining the effects this global pandemic has on our mental health. One study showed how be-

ing isolated and staying home has caused people to be more anxious, feel less in control of their life, be less motivated, and perform worse on their work. This study also discusses some ways to mitigate these consequences, highlighting the importance that institutions and supervisors or professors play in alleviating anxieties.

These effects are seen in students globally, who have spoken out against the impersonal experience of online learning, and are struggling to complete their course loads to their typical standards. One would expect that a leading research university, like U of T, who has experienced pleas from students to increase mental health services in the past, would understand these consequences and take steps to mitigate the effects, right? So here is the million dollar question: What has U of T done to support their students' mental health, especially with the added

stressors of a global pandemic and online learning?

When I started writing this article, I thought it would be fairly easy to discuss the steps taken by our institution to provide its students with better mental health services. However, I quickly realized that I really was not aware of what the university has done. That is the first problem with U of T's services: the lack of communication with its students. In fact, thinking back, most of the information I learned about their services has been through other students' social media, often in response to tragic events on campus . . .

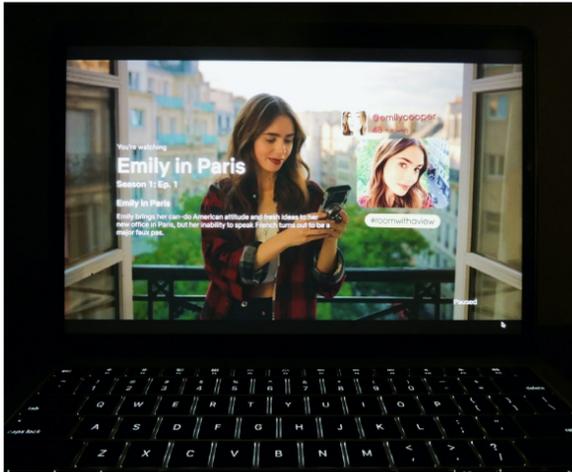
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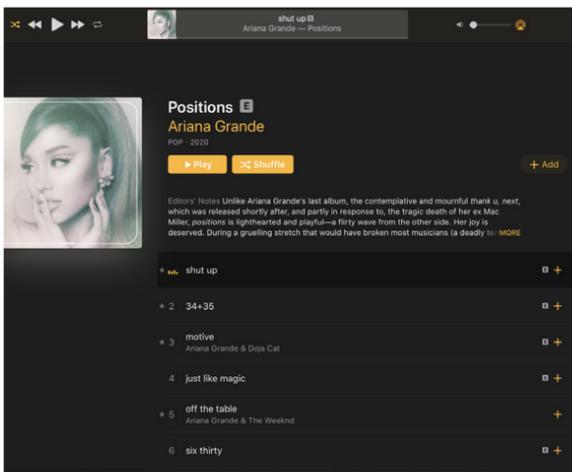
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