

Collège Miles Macdonell Collegiate

**EXPLORING THE FUTURE**

**&**

**POST-SECONDARY  
PLANNING**



2024

| 2025

# TABLE OF CONTENTS

3. Grade 12 Checklist

4. Important dates

5. Quick Reference Websites

## **TOPIC 1: Post-Secondary—U of M, U of W, RRC, USB & OUT of PROVINCE**

7. Tips: Heading to University & College

8. High School vs. Post-Secondary

9. What Do I Need to Apply for Post-Secondary?

10. Post-Secondary Terminology

11-12. Choosing your Major

13-18. University of Manitoba

19-23. University of Winnipeg

24-26. Red River College

27-31. Université de St. Boniface

32-23. Canadian Mennonite University

34. Advanced Placement (AP) Transfer Credit Info

35. English Language Proficiency Requirements

36. International Student Support Programs

37. Indigenous Student Supports

38-40. Supports for Students with Disabilities

41. Thinking of Going to University Out of Province?

## **TOPIC 2: Other Post-Secondary Options**

43. Specialized Programs

44. Aerospace Manufacturing and Create Programs

45-46. Seven Oaks Cooperative Vocational Program

47. Youth Recreation Activity Worker Program

48. Robertson College & CDI

49. Herzing & Manitoba Institute of Trades and Technology (MITT)

50. Urban Circle Training Centre Inc.

51. Police/Military Cadets

52. Armed Forces & RCMP

53. Law Enforcement & Emergency Services

54. Aviation & Mid-Ocean School of Media Arts (MOSMA)

55. Hair, Make-up, Beauty

56. McLeod Adult Ed.

## **TOPIC 3: Financial Aid & Supports**

58. Tuition & Budgeting

59. Seeking Out Funding Opportunities

60. Scholarships & Bursaries

61. Scholarship Tips

62. Reference Letter Etiquette

63. U of M

64. U of W/ RRC

65-66. USB

67. CMU

68. AP Scholarships

69-70. Sponsorship Options (Indigenous/Métis Students)

71. First Nations Band Funding

72. Futures Forward: Tuition Waiver (Current/ Former Youth in Care)

73. Manitoba Student Aid

74. Canada Learning Bond

## **TOPIC 4: GAP YEAR Opportunities**

76. Gap Year: Taking a Year Off

77. Globetrotting

78. Opportunities in Canada: Katimavik / Explore

## **TOPIC 5: Career Exploration**

80-81. Researching Your Future Career

82. Career Exploring & Resume creation: myBlueprint

83. Youth Employment Services

84. Useful Job Search Tips

85. Volunteering

86. Sample Resume

87. Student Resume Worksheet

## **TOPIC 6: Mental Health & Wellness**

89. Self-Care is Important!

90. Stress Management

91-92. Mental Health & Wellness: Community Resources

93. Mental Health & Wellness: Apps & Online Resources

# My Grade 12 Checklist!

TIMELINE	TASK	<input checked="" type="checkbox"/>
- ONGOING -  ALL POTENTIAL GRADS MUST DO THIS!	-Attend Post-Secondary presentations in the theatre - Attend T.A.– Important grad information will be shared -Listen to announcements -Check the Grade 12 Teams and Scholarship blog regularly -Request copies of your transcript <u>from the main office</u> for scholarship and university / college and scholarship applications, if necessary	
- ONGOING -	<b>RED RIVER COLLEGE POLYTECH - See website for specific dates!</b> <u>NOTE:</u> Program specific info sessions and virtual tours available throughout year.  <u>Update, submit edit and continue to resubmit</u> your <a href="#">Grad Post-Secondary Planning &amp; Internal Financial Awards Application Form.</a>	
OCTOBER	<b>Keep up to date with Teams and <a href="#">Scholarship blog!</a></b>  Attend <b>post-secondary presentations</b> in the theatre: U of W (8—Period 2), U of M (15—Period 3), RRC (28—Period 2), USB (29—Period 3)	
OCTOBER 29, 2024 5:30– 8:30 p.m.	<b>UNIVERSITY OF MANITOBA — Fall Open House</b> – in person and online *Be sure to register for a chance to win 1 of 3 \$1,000 tuition prizes!	
NOVEMBER	<b>Indigenous Grads:</b> If you have not yet done so, check in with your band office about sponsorship for post-secondary studies.	
November 6, 2024 (6:00–8:30 P.m.) & November 7, 2024 (6:30–8:30 p.m.)	<b>NATIONAL UNIVERSITIES FAIR</b> —Meet with representatives from over 30 universities across Canada! November 6—St. John’s Ravenscourt / November 7—Balmoral hall School	
NOVEMBER 15, 2024 5:30–8:00 p.m.	<b>UNIVERSITÉ de ST. BONIFACE—Fall Open House</b> *Be sure to register for a chance to win 1 of 3 \$1,000 tuition prizes! Register here: <a href="#">Open House - Université de Saint-Boniface Portes Ouvertes - Université de Saint-Boniface</a>	
NOVEMBER 26 2024 6:00—8:30 p.m.	<b>UNIVERSITY OF WINNIPEG — Future Students Night (FSN)</b> *Grade 12 students who register for FSN will automatically be entered in an annual \$5,000 tuition credit draw!	
JANUARY 15, 2025 7:00 a.m.—12:00 p.m.	<b>UNIVERSITY OF MANITOBA—Virtual Open House for International Students</b> *Chat live with UM representatives and watch live presentations Registration will open in December 2024	
FEBRUARY	<b>19 UNIVERSITY OF WINNIPEG - See website for more info!</b> <b>19 RRC POLYTECH winter Open House - See website for more info!</b> (NB: They offer numerous <a href="#">info sessions</a> throughout the year) <b>20 UNIVERSITY OF MANITOBA Winter Open House 9 a.m. - 3 p.m.</b>	
LAST WEEK OF FEBRUARY (exact dates TBD)	<b>UNIVERSITÉ DE ST. BONIFACE—ETUDIANT D’UN JOUR</b> Pick one day from this week to spend a day as a student! Check out mini-classes, get a tour, and connect with USB students. Snacks and lunch are provided. Listen to announcements for registration information.	
<b>IMPORTANT!</b>  <b>MARCH 1 (MANY IMPORTANT DEADLINES!!)</b>	<b>UNIVERSITY OF WINNIPEG, UNIVERSITY OF MANITOBA &amp; UNIVERSITÉ de SAINT BONIFACE</b> Application Deadline for Special Entrance Scholarships at U of W. All students registered by March 1st will automatically be considered for entrance scholarships at U of M, U of W and USB. Students considering taking a GAP year should apply as the scholarship may be able to be deferred for one year!  Do a <b>final update and submit</b> your <a href="#">Grad Post-Secondary Planning &amp; Internal Financial Awards Application Form.</a> (DUE TODAY!!)	
APRIL / MAY	Make sure you have paid <b>ALL</b> your graduation fees, purchased your Grad tickets, etc Attend presentations from U of M & U of W about the course selection process.	
Sunday - May 4 2025	Preparing for university: U of M applicant Open House (focuses on next steps)	
May/beginning of June	-End of May / Early June: Accept your admissions offer. (If applicable) -Apply for <b>Manitoba Student Aid (if applicable)</b>	

# Important Dates & Deadlines

## October

- TBD U of M, U of W, CMU—applications open  
TBD CMMC Internal Scholarship Application Opens  
15 Loran Award— online application (Up to \$100,000)  
25 CMU Discover Days (full or half day) - Register ahead of time  
25 TD Scholarship for Indigenous Peoples (up to \$60,000 over 4 years)  
29 University of Manitoba—Fall Open House 5:30—8:30 p.m.

## November

- TBD USB—applications open  
6 Canadian Universities Fair, St. John's Ravenscourt, 6-8:30 p.m.  
7 Canadian Universities Fair, Balmoral Hall, 6:30-8:30 p.m.  
13 TD Scholarship for Community Leadership (Up to \$70,000 over 4 years)  
15 Université de St. Boniface—Open House 5:30 p.m. to 8:00 p.m.  
22 CMU Discover Days (full or half day) - Register ahead of time  
26 University of Winnipeg — Future Students Night 6—8:30 pm

## December

- 1 Applications for Leader of Tomorrow & Indigenous Leader of Tomorrow Scholarships (U of M) (Up to \$16,000)  
1 Terry Fox Humanitarian Award (Up to \$28,000)  
20 Last day of classes before winter break

## January

- 15 U of M Desautels Faculty of Music application deadline (for the fall)  
15 U of M Virtual Open House for International Students  
7-10 Grade 12 Provincial English Exam  
8, 13-14 Grade 12 Provincial Français Exam  
21 Grade 12 Provincial Applied Exam  
22 Grade 12 Provincial Essential Exam  
23 Grade 12 Provincial Pre-Cal Exam  
31 CMU Discover Days (full or half day) - Register ahead of time

## February

- 19 UNIVERSITY OF WINNIPEG - See website for more info!  
19 RRC POLYTECH winter Open House - See website for more info! Rrc.ca/opendoors  
20 UNIVERSITY OF MANITOBA winter Open House 9 a.m. - 3 p.m.  
20 CANADIAN MENNONITE UNIVERSITY Open House 6 p.m.—8 p.m.  
TBD UNIVERSITE DE ST. BONIFACE Etudiant d'un jour (must register ahead of time)  
28 CMU Discover Days (full or half day) - Register ahead of time

## March

- 1 U of W, U of M and USB Regular Admission Deadline for the Fall  
Apply by this date and automatically be considered for Special Entrance Awards / Scholarships!  
1 U of W Application-Required Entrance Scholarship [application](#) due  
1 [CMMC Internal Scholarship Application](#) Closes  
31 Futures Forward: Youth-In-Care Tuition Waiver Applications Due

## April / May

- Ongoing Continue to update your "[CMMC Internal Scholarship Application Form](#)"  
TBD Post-Secondary Info Sessions for Accepted Students to U of M / U of W

## May

- 4 U of M Applicant Open House (Next Steps for accepted students)  
26-29 Grade 12 Provincial English Exam  
28 Grade 12 Provincial Français Exam

## June

- 1 U of W Recommended Final Date for Applications (to allow University to request grades)  
1 Apply early for [MB Student Aid](#)  
2-3 Grade 12 Provincial Français Exam continued...  
10 Grade 12 Provincial Pre-Cal Exam  
11 Grade 12 Provincial Essential Exam  
12 Grade 12 Provincial Applied Exam  
24 Convocation  
25 Grad Dinner & Dance

## July

- 1 Complete and submit your MB Student Aid Application

# Quick Reference Websites

## Post-Secondary Schools in MB:

University of Manitoba: [www.umanitoba.ca](http://www.umanitoba.ca)

University of Winnipeg: [www.uwinnipeg.ca](http://www.uwinnipeg.ca)

Université de Saint Boniface: [www.ustboniface.mb.ca](http://www.ustboniface.mb.ca)

Red River College Polytech: [www.rrc.ca](http://www.rrc.ca)

Brandon University: [www.brandonu.ca](http://www.brandonu.ca)

Canadian Mennonite University (CMU): [www.cmu.ca](http://www.cmu.ca)

Providence College: [Home Page - Providence University College and Theological Seminary](#)

Manitoba Institute of Technology and Trades: <https://mitt.ca/>

Booth University College: [www.boothuc.ca](http://www.boothuc.ca)

University College of the North: [www.ucn.ca](http://www.ucn.ca)

Assiniboine Community College: [www.assiniboine.net](http://www.assiniboine.net)

Yellowquill College: [www.yellowquill.org](http://www.yellowquill.org)

CDI College: [www.cdicollege.ca](http://www.cdicollege.ca)

Herzing College: [www.herzing.edu](http://www.herzing.edu)

Robertson College: [www.robertsoncollege.com](http://www.robertsoncollege.com)

Academy of Learning: [www.academyoflearning.com](http://www.academyoflearning.com)

## Scholarships & Financial Aid:

Manitoba Student Aid:

[Manitoba Student Aid | Province of Manitoba \(gov.mb.ca\)](#)

Financial Planning: [www.canlearn.ca](http://www.canlearn.ca)

Winnipeg School Division : [Scholarships \(winnipegssd.ca\)](#)

Association of Universities and Colleges in Canada: [www.aucc.ca](http://www.aucc.ca)

Scholarships Canada: [www.scholarshipscanada.com](http://www.scholarshipscanada.com)

Student Awards: [www.yconic.com](http://www.yconic.com)

Electronic Document Scholarship Foundation: [www.scholarshipsonline.org/2016/10/electronic-document-systems-foundation-scholarship.html](http://www.scholarshipsonline.org/2016/10/electronic-document-systems-foundation-scholarship.html)

## Specialized Training Programs:

Apprenticeship Manitoba: [www.manitoba.ca/tradecareers](http://www.manitoba.ca/tradecareers)

Army: [www.forces.ca](http://www.forces.ca)

Army Reserve: [www.army.gc.ca](http://www.army.gc.ca)

Royal Canadian Mounted Police: [www.rcmp.ca](http://www.rcmp.ca)

Winnipeg Police Department/ Police Cadets [www.winnipeg.ca/policerectruiting/](http://www.winnipeg.ca/policerectruiting/)

Northwest Law Enforcement Academy: [www.northwestlaw.ca](http://www.northwestlaw.ca)

Criti Care Paramedic and Fire Training Academy: [www.criticareems.com](http://www.criticareems.com)

Firefighter and Paramedic Training (EMS): [Manitoba Emergency Services College \(mbmesc.ca\)](#)

Louis Riel Arts and Technology Centre: [www.lrsd.net/atc](http://www.lrsd.net/atc)

Tec Voc Post-High Programs: [www.tecvoc.ca](http://www.tecvoc.ca)

Sisler Create Post-High Program: [Post High Program – Sisler High School's CREATE Program \(sislercreate.com\)](#)

Aveda Institute & Academy Salon Winnipeg: [www.avedainstitutewinnipeg.ca](http://www.avedainstitutewinnipeg.ca)

The Canadian Beauty Academy Winnipeg: <https://tcbawinnipeg.ca>

MC College (Hair, Esthetics, Fashion): [www.mccollege.ca](http://www.mccollege.ca)

Wellington College of Remedial Massage Therapy: [www.wellingtoncollege.com](http://www.wellingtoncollege.com)

Mid-Ocean Academy of Media Arts: [www.midoceanschool.ca](http://www.midoceanschool.ca)

Willis College (Previously: PrairieView School of Photography): [www.williscollege.com/about/winnipeg-campus/](http://www.williscollege.com/about/winnipeg-campus/)



**University  
of Manitoba**



THE UNIVERSITY OF  
**WINNIPEG**



**RRC**  
POLYTECH



Université de  
**Saint-Boniface**



CANADIAN MENNONITE UNIVERSITY

## **Out-of-Province**

Check out the [CMMC Cheat Sheet](#) for a quick reference guide and comparative chart of the institutions above!

# Heading to University or College?

*Check out the TIPS below!*

## **Research universities and programs that interest you.**

Gather as much information as you can so that you can make an informed decision. Research the academic programs, student life (you'll be spending A LOT of time there), and living expenses (if you're going away for school) and make sure that it is a possibility for you.

## **Talk to your guidance counsellor.**

They can help you figure out whether a particular university or program is a good fit for you.

## **Apply to multiple schools, even if you have already decided on one.**

This gives you more options in case your first choice doesn't work out. Don't just assume you won't get in somewhere and miss out on opportunities.

## **Pay attention to deadlines.**

Many universities and programs automatically consider applicants who have applied by a given date for scholarships and awards.

## **Research scholarships and financial aid.**

There are many general scholarships as well as ones specific to certain universities and programs. You will often need reference letters for applications, please be sure to give the people you ask to write a letter for plenty of notice.

## **Get started now!**

Application processes can be long and can require a lot of documents, and you don't want to miss out on any opportunities!



# Know what to expect: High School vs. Post-Secondary

High School	University	Tips for success
Attendance is taken in every class.	Professors don't typically take attendance.	Go to class. You will be expected to know the material covered whether you are there or not.
Five class slots, about an hour each, minimum time between classes.	Morning/afternoon/evening/Saturday classes of varying lengths (1-3 hrs). Depending on campus size and your timetable, you could have lots of time between classes or be sprinting from one to the next!	Take advantage of time between classes to study / work on assignments. Don't wait until nighttime.  If you are struggling to get from one class to the next (on a big campus like the U of M) let your professor know!
Small classes with the same people. A lot of one on one time with teacher.	Classes of various sizes. First year classes are usually large (60-300), and the professor doesn't have a lot of time to work with each student.	Pay attention and keep up with the notes. Form a study group. Take note of concepts you don't understand and make an appointment with your professor to go over them.
Teachers remind you when assignments are due, collect and check work regularly, and may give extensions	Professors will not track you down or remind you when something is due. It is your responsibility to get your work in. Assignments may not be graded, but you will be expected to know the material. Extensions are rarely given.	Do the assignments. Do more than just assigned work – keep working until you understand the concepts presented.
Testing is frequent and covers small amounts of materials. Tests cover different units. Teachers prepare you for the test and help you get ready in time.  Test dates are flexible and make up tests are given for various reasons.	Testing is usually infrequent (two or three in a term) and often covers large amounts of material. Tests are cumulative. It is up to you to organize and review the material.  Test dates are set.  Documentation is required for any missed tests.	Look at a term's worth of material and organize it in a way that makes sense to you. Use outlines and pictures to help you remember the material. Study often, and review your notes after every class.  Form study groups (3-4 people) . This helps with studying and in case you are absent from class and need to get the material you missed.
You are often given reminders about what to study and when. Class time is often given to study or work on assignments	You are expected to know what materials to study and when your test dates are.  You will have to study and work on assignments on your own time	For every one hour in class, expect two to three hours of studying. Figure out how to study and work effectively and find a place where you can concentrate to get your work done.
Mastery of a subject is usually seen as the ability to reproduce what was taught in the same form it was presented to you.	Mastery of a subject is usually seen as the ability to apply what you have learned to new situations or to solve new kinds of problems.	Aim to understand the material. Don't simply memorize it.
You may graduate as long as you have passed all required courses with a grade of D (50%) or higher.	You may graduate only if your grade point average (GPA) is a 2.0 (C average) or better.	Don't settle for just getting by.  Be the best student you can be!



# What Do I Need To Apply For Post-Secondary?

Depending on the school and program you have selected, or what category of student you are, they may require additional documents to process your application. In most cases, the University will let you know what they need after they receive your application.

All documents must be originals. Copies or uncertified photocopies usually will not be accepted unless submitted directly by your high school. Replaceable documents submitted with an application become the property of the University and will not be returned.

## In general, the following items will be required:

- ◆ An **application** (generally found and submitted online)

**NOTE:** You will need to make an account on the University's website.  
Use an easily accessible email address as universities will contact you primarily via email.

**Use your personal email and NOT YOUR SCHOOL EMAIL ADDRESS!**

Be sure to save your username and password!

- ◆ **Application Fee** (usually ~ \$100-\$150 and non-refundable)

*You will need to **SELF-REPORT** your grades as part of the application process.*

You will be asked to submit expected grades (marks you believe you will have at the end of Semester 2; estimate based on similar courses in Grade 11 or based on your midterm mark) and final Grade 12 marks (marks already achieved on your report card from Semester 1).

**INFORMNET:** If you are taking courses from Informnet or another form of Distance Ed, you must declare this on your application.

- ◆ Proof of **English Language Proficiency** (if you were born in another country or English is not your first language)
- ◆ Proof of **Citizenship**
- ◆ Official **Academic Records (proof of graduation, final transcripts etc.)**: these will be requested automatically by the U of M, U of W and USB if you apply by March 1st; for other colleges (i.e. Red River), or if you apply to U of M, U of W or USB after March 1st, you will need to request your official transcript from the office and submit on your own.
- ◆ **Manitoba Education Number (MET#)**  
- you can ask your Guidance Counsellor or even teacher for this.
- ◆ Have **all documents ready PRIOR** to applying!

**Have questions or need help?**

**Make an appointment with your Guidance Counsellor!**

## Post-Secondary Terminology

**Session or Term:** **Fall** (September to December); **Winter** (December to April); **Spring** (May to June; courses are condensed); **Summer** (July-August; courses are condensed)

**Full-Time / Part-Time:** A student taking a minimum of 60% of a full course load in a Session (typically 3-5 courses per session) is considered full time. A student taking less than 60% of a full course load in a Session (1-2 courses) is considered part time.

**Faculty:** A division within a university comprising a number of related subject areas (i.e. the Faculty of Arts).

**Program:** Within a faculty; a generally defined set of courses required to obtain a specific degree, certificate or diploma (i.e. English or Biology).

**Bachelor's (Undergraduate) Degree:** First degree awarded by a university after three or four years of full-time study. Bachelor's degree are identified as BA (bachelor of arts), BSc (bachelor of science).

**Honour's Degree:** Typically completed in four years of full-time study and often focuses on a particular discipline. It provides the widest range of options should you wish to pursue postgraduate study.

**Masters/Graduate / Post-Graduate Degree:** A degree sought after the student has received a bachelor's degree. It involves additional, concentrated study in a particular area of interest, and may include research or the completion of a thesis. Students in graduate programs are called graduate students.

**Major:** The main area of study within a degree; involves intensive focus on a specific discipline.

**Minor:** An optional secondary area of study that can be related to or different from your major, and provides an introductory level of education about a single discipline.

**Credit Hours:** Students obtain credits for each successfully completed course. For example you usually attain 3 credit hours for a course completed in 1 session and 6 credit hours for a course completed over two sessions. For example, if you were taking 4 courses you would end up with 12 credit hours.

**Seminar, Lab, Lecture:** The different formats in which you may take classes. A seminar usually involves a discussion between a small group of students and a professor. Labs generally take place in the Sciences, but also in Music, Drama, Film, Languages and Fine Art. In labs, you are usually "doing" something, like an experiment or a project. Lectures are probably what you think of when you think of university – usually the professor stands at the front of the room and talks about a specific topic.


**Prerequisites:** Courses necessary to successfully complete before taking specific higher level courses.

**Bursary:** A non-repayable cash award to help students pay for their university education. Bursaries are awarded on the basis of financial need and/or academic achievement.

**Grant:** Funding provided to a student by an institution, organization or government that does not need to be repaid.

**Scholarship:** A non-repayable financial award to students to help finance their studies. Scholarships are awarded on the basis of outstanding academic achievement.

# 3 Steps To Choosing Your Major

<p><b>1</b></p>	<p><b>Know Yourself!</b></p> <p>Brainstorm and List Your:</p> <ul style="list-style-type: none"><li>-Interests</li><li>-Abilities</li><li>-Values</li><li>-Motivations</li><li>-Realities</li></ul>  <p>If you are unsure about where to start try a few online assessments or create a mind map about yourself and what you want.</p>
<p><b>2</b></p>	<p><b>Gather Information and Explore Options</b></p> <p><b>University Resources:</b></p> <ul style="list-style-type: none"><li>-Academic Advisors, Career and Student Services</li><li>-Student Groups</li><li>-Department/Faculty/Program Websites</li><li>- Check out <a href="#">DegreeHub</a> (short survey to get personalized undergraduate recommendations)</li></ul> <p><b>Community Resources:</b></p> <ul style="list-style-type: none"><li>-Volunteer, Intern and Shadow</li><li>-The Internet (especially professional associations for fields you're interested in)</li><li>-Talk to Friends and Family</li></ul>
<p><b>3</b></p>	<p><b>Narrow Your Options and Make Connections</b></p> <ul style="list-style-type: none"><li>-Evaluate what you want regarding majors</li><li>-Explore what job opportunities are available to you</li><li>-Book an appointment with your Career Advisor</li></ul> <p><b>Remember!</b></p> <ul style="list-style-type: none"><li>-You can change your major more than once!</li><li>-You can have more than one major!</li><li>-Your major does not necessarily dictate your career!</li></ul> <div data-bbox="1092 1415 1425 2003" style="border: 1px solid red; padding: 10px;"><p><i>Studies show that students who declare a major when first applying are more likely to earn higher grades and have more successful careers. That being said, it is completely okay to change your major after your first (and even second year) so don't feel that you are stuck.</i></p></div>

## Choosing Your Major: What Are Your Interests?

If you are interested in:	Then Consider Exploring:
The Physical World	Geography (Physical), Environmental Studies, Chemistry, Physics, Anthropology
Animals, Plants and Microbes	Biology, Kinesiology and Applied Health, Biochemistry, Midwifery, Biopsychology, Disability Studies
Working with Computers	Applied Computer Science, Geography (Geomatics)
The Human Mind and Behaviour	Psychology, Sociology, Developmental Studies, International Development, Women's & Gender Studies, Religion & Culture
Understanding Societies and Cultures	Urban and Inner City Studies, Sociology, Human Rights, Conflict Resolution, Indigenous Studies, Geography (Human), Religion and Culture, History, Anthropology (Cultural)
Mathematics and Numbers	Statistics, Mathematics, Economics, Business
Abstract Thinking	Philosophy, Classics, Linguistics, History of Art
Languages	Any Language, Interdisciplinary Linguistics, Rhetoric Writing and Communications
How People Develop Systems	Business and Administration, Indigenous Studies, Sociology, Political Science, Criminal Justice, Economics, Human Rights, Urban and Inner City Studies, International Development Studies
Hands on Learning	Conflict Resolution Studies, Kinesiology and Applied Health, Business Administration, Theatre and Film, any course that requires labs
The Arts	History of Art, Rhetoric Writing and Communications, Classics, Theatre and Film, Dance, Religion and Culture, English and other Languages

## DEFINE YOUR FUTURE. TRAILBLAZERS DO.

As a University of Manitoba student, you'll be challenged to grow, inspired to create and dared to excel. Wherever life takes you after graduation, you'll be able to apply what you've learned, both personally and academically, to make a real-life impact. Your future begins right here. **Discover where your potential will take you.**

**ONLINE INFO SESSION:** <http://umanitoba.ca/admissions/recruitment-info-sessions>



# University of Manitoba

## UNDERGRADUATE PROGRAM OPTIONS: Over 100 Programs to Choose From

ACCOUNTING	ENTREPRENEURSHIP/SMALL BUSINESS	ARCHITECTURE (MASTERS)	DEVELOPMENT
ACTUARIAL	BUSINESS	LATIN	RELIGION
MATHEMATICS—BUSINESS	ENVIRONMENTAL DESIGN	LATIN AMERICAN	REPIRATORY THERAPY
ACTUARIAL	ENVIRONMENTAL	STUDIES	RUSSIAN
MATHEMATICS—SCIENCE	SCIENCE	LAW	SCIENCE
AGING	ENVIRONMENTAL	LEADERSHIP AND	SCULPTURE
AGRIBUSINESS	STUDIES	ORGANIZATIONS	SOCIAL WORK
AGRICULTURE	FILM STUDIES	LINGUISTICS	SOCIOLOGY
AGRICULTRE DIPLOMA	FINANCE	LOGISTICS & SUPPLY CHAIN	SONGMAKING
AGROECOLOGY	FINE ARTS	MANGEMENT	(MICRO-CERTIFICATE)
AGRONOMY	FOOD SCIENCE	MANAGEMENT	SPANISH SPORT, PHYSICAL
ANIMAL SYSTEMS	FRENCH	MANAGEMENT INFOR-	ACTIVITY & RECREATION IN
ANTHROPOLOGY	GENETICS	MATION SYSTEMS	THE COMMUNITY
APPLIED MATHEMATICS	GEOGRAPHY	MARKETING	CERTIFICATE
ARCHITECTURE	GEOLOGY	MATHEMATICS	STATISTICS STRATEGY AND
ART	GEOPHYSICS	MECANICAL	GLOBAL MANAGEMENT
ART HISTORY	GERMAN	ENGINEERING	(BComm)
ASIAN STUDIES	GLOBAL POLITICAL	MEDICINE	THEATRE
ATHLETIC THERAPY	ECONOMY	MEDIEVAL &	UKRAINIAN
BIOCHEMISTRY	GRAPHIC DESIGN	RENAISSANCE STUDIES	UKRAINIAN CANADIAN HER-
BIOLOGICAL SCIENCES	GREEK	MICROBIOLOGY	ITAGE STUDIES
BIOSYSTEMS	HEALTH SCIENCES	MIDWIFERY	UNIVERSITY 1
ENGINEERING	HEALTH STUDIES	MUSIC	VIDEO
BUSINESS	HISTORY	MYTHOLOGY AND	WOMEN & GENDER
BUSINESS ANALYTICS	HUMAN NUTRITIONAL	FOLKTALE	STUDIES
CANADIAN STUDIES	SCIENCES	NURSING	WORKPLACE HEALTH AND
CATHOLIC STUDIES	HUMAN RESOURCE	OCCUPATIONAL	SAFETY (MICRO-DIPLOMA)
CENTRAL & EAST	MANAGEMENT/INDUSTRIAL	THERAPY (MASTERS)	
EUROPEAN STUDIES	RELATIONS	OPERATIONS	
CERAMICS	ICELANDIC	MANAGEMENT	
CHEMISTRY	INDIGENOUS BUSINESS	PAINTING	
CIVIL ENGINEERING	STUDIES	PHARMACY	
CLASSICAL STUDIES	INDIGENOUS	PHILOSOPHY	
CLASSICS	GOVERNANCE	PHOTOGRAPHY	
COMMERCE	INDIGENOUS LANGUAGES	PHYSICAL EDUCATION	
COMPUTER ENGINEERING	INDIGENOUS STUDIES	PHYSICAL GEOGRAPHY	
COMPUTER SCIENCE	INTERIOR DESIGN (MASTERS)	PHYSICS & ASTRONOMY	
CRIMINOLOGY	INTERNATIONAL	PLANT	
DATA SCIENCE	BUSINESS	BIOTECHNOLOGY	
DENTAL HYGIENE	ITALIAN	POLISH	
DENTISTRY	JAZZ STUDIES	POLITICAL STUDIES	
DRAWING	JUDAIC STUDIES	PRE-VETERINARY	
EARTH SCIENCES	JURIS DOCTOR (JD)	MEDICINE	
ECONOMICS	KINESIOLOGY	PRINT MEDIA	
EDUCATION	LABOUR RELATIOLNS AND	PSYCHOLOGY—ARTS	
ELECTRICAL	WORKPLACE	PSYCHOLGY—SCIENCE	
ENGINEERING	STUDIES	RECREATION	
ENGLISH	LABOUR STUDIES	MANGEMENT &	
ENTOMOLOGY	LANDSCAPE	COMMUNITY	

### Indigenous Student Supports:

204-474-8850 /

[isc@umanitoba.ca](mailto:isc@umanitoba.ca)

### International Student Supports:

204-474-8501

[international@umanitoba.ca](mailto:international@umanitoba.ca)

[First Year Centre | University of  
Manitoba \(umanitoba.ca\)](#)

[@umanitoba](#)



**University 1**

**Direct Entry**

**Choose if...**

- Interested in a program that requires one or more years of prior university study
- You are undecided which program you want to study in
- You don't meet the admission requirements of a program with a direct entry option

Note that all of the courses you take in U1 can become part of your degree program. After you complete U1 (i.e. the first 24 to 30 credits or approx. one year of study), you are able to apply or transfer to your desired faculty, depending on your marks.

**Choose if...**

- You are interested in a program that offers direct entry admission
- You are academically strong in the prerequisite courses for this program
- You meet the admission requirements

**General Admission Requirements**

- At least 30 Manitoba High School Credits
- 5 credits at the Grade 12 level ( S or G)
- A minimum average of 70% over the following, with no less than 60% in each course:
  - English 40S
  - Math 40S
  - A third "ACADEMIC" 40S class
  - A fourth "ACADEMIC" 40S class

ACADEMIC CLASSES: [40s-coursescholarship-list-100721.pdf \(umanitoba.ca\)](https://umanitoba.ca/40s-coursescholarship-list-100721.pdf) or page 17-18 of this booklet

**General Admission Requirements (see box to the left)**

- A minimum average depending on the program (the higher the better as these programs are competitive)
- Pre-requisites depending on program (typically certain Science or Math classes): [umview-book2022-admissionrequirements-web.pdf \(umanitoba.ca\)](https://umanitoba.ca/umviewbook2022-admissionrequirements-web.pdf)
- NB: If you don't get in you will automatically be considered for U1 (You don't need to submit another application.)

**Don't have strong enough marks for general admission?**

You can still receive LIMITED ADMISSION to U1; some registration restrictions and performance standards will apply, and additional academic supports will be provided.

Limited Admission: A minimum average of 65% over the following, with no less than 55% in each course: • English 40S • Math 40S • A third academic 40S course • A fourth academic 40S course ([40s-coursescholarship-list-100721.pdf \(umanitoba.ca\)](https://umanitoba.ca/40s-coursescholarship-list-100721.pdf) or page 17-18 of this booklet)

**Application for Fall are due by March 1st !**

(Applications in by March 1st will be considered for general entrance scholarships and your marks will be automatically submitted by your school division.)

- Deadline to apply for Faculty of Music is January 15th
- You will "self-report" (estimate) your anticipated Grade 12 marks when applying.
- You must pay \$100 Canadian in order to submit your application (non-refundable)
- #IDECLAREINDIGENOUS: Self-Declare that you are Indigenous to be eligible for scholarships, bursaries, jobs, Indigenous student e-newsletter, etc.



# University of Manitoba

To get more information on direct entry and planning courses for your first year, please see the **First Year Planning Guide: First Year Planning Guide by firstyear-centre - Issuu**

**Digital Viewbook: Explore UM | University of Manitoba (umanitoba.ca)**

**Academic Course Guide (courses highlighted in blue can be used for entrance scholarship consideration): 40s-coursescholarship-list-100721.pdf**

## Indigenous Student Program Opportunities:

- **Health Care:** [umextended.ca/](http://umextended.ca/) access
- **Nursing:** [umanitoba.ca/pine](http://umanitoba.ca/pine)
- **Engineering:** [umanitoba.ca/engap](http://umanitoba.ca/engap)
- **Business:** [umanitoba.ca/asper/ibep](http://umanitoba.ca/asper/ibep)
- **Science:** [umanitoba.ca/science/programs-of-study/wawatay](http://umanitoba.ca/science/programs-of-study/wawatay)

## NEW—Micro-Credential certifies in...Courses from UM Extended Education (umanitoba.ca)

- Song making
- Artificial Intelligence
- Advanced Patient Care
- Equity, Diversity, Inclusion and Accessibility

FACULTY/COLLEGE	DEGREE PROGRAM	MINIMUM TIME TO GRADUATION	PROGRAM ADMISSION REQUIREMENTS	PREREQUISITES FOR UNIVERSITY COURSE WORK <small>For details, visit <a href="http://umanitoba.ca/firstyear">umanitoba.ca/firstyear</a></small>
<b>FACULTY OF AGRICULTURAL AND FOOD SCIENCES</b>	Agribusiness, Bachelor of Science ◊ ◻	4-year degree	A minimum average of 70% over the following, with no less than 60% in each course: • English 40S • Pre-Calculus Math or Applied Math 40S • A third academic 40S course • A fourth academic 40S course	Biology 40S, Chemistry 40S, Physics 40S, Pre-Calculus Math 40S
	Agriculture, Bachelor of Science (Agronomy, Animal Systems, or Plant Biotechnology majors available) ◊ ◻	4-year degree		Biology 40S, Chemistry 40S, Pre-Calculus Math or Applied Math 40S
	Agroecology, Bachelor of Science ◊ ◻	4-year degree		Biology 40S, Chemistry 40S, Pre-Calculus Math or Applied Math 40S
	Food Science, Bachelor of Science ◊ ◻	4-year degree		Biology 40S, Chemistry 40S, Pre-Calculus Math 40S
	Human Nutritional Sciences, Bachelor of Science ◊ ◻	4-year degree		Biology 40S, Chemistry 40S, Pre-Calculus Math or Applied Math 40S
	Diploma in Agriculture ◊ ◻	2-year diploma	A minimum average of 60% over the following: • English 40S • Math 40S or Math 45S • One of Biology 40S, Chemistry 40S, Physics 40S, or Computer Science 40S <i>Students without a suitable high school standing may apply under individual consideration.</i>	Any Math 40S
<b>FACULTY OF ARCHITECTURE</b>	Environmental Design, Bachelor of Environmental Design (Architecture, Interior Environments, Landscape + Urbanism options available) ◻	3 years (+1 year university studies)	No Direct Entry option available. <i>Residency priority – limited spaces for international students.</i>	N/A
<b>SCHOOL OF ART</b>	Fine Arts, Bachelor of Fine Arts ◊ ◻	3-year and 4-year degree options	A minimum average of 70% over three 40S credits, with no less than 60% in English 40S. <i>A digital portfolio with a supporting written statement is required.</i>	Art 40S
	Art History, Bachelor of Fine Arts ◻	3-year and 4-year degree options	No Direct Entry option available.	N/A
	Diploma in Art ◊ ◻	2-year diploma	High school graduation is recommended. <i>A digital portfolio with a supporting written statement is required.</i>	Art 40S
<b>FACULTY OF ARTS</b>	Arts, Bachelor of Arts ◊ ◻	3-year and 4-year degree options	A minimum average of 70% over the following, with no less than 60% in each course: • English 40S • Math 40S • A third academic 40S course • A fourth academic 40S course	Grade 12 prerequisites vary by program. To learn more visit <a href="http://umanitoba.ca/firstyear">umanitoba.ca/firstyear</a>
<b>ASPER SCHOOL OF BUSINESS</b>	Commerce, Bachelor of Commerce (Honours) ◊ ◻	4-year degree	A minimum average of 70% over the following, with no less than 70% in each course: • English 40S • Pre-Calculus Math 40S	Pre-Calculus Math 40S
<b>FACULTY OF EDUCATION</b>	Education, Bachelor of Education (Early Years, Middle Years, Senior Years available) ◻	2 years (+undergraduate degree)	No Direct Entry option available.	Grade 12 prerequisites vary based on the chosen teachable subjects. To learn more visit <a href="http://umanitoba.ca/firstyear">umanitoba.ca/firstyear</a>
<b>PRICE FACULTY OF ENGINEERING</b>	Engineering, Bachelor of Science in Engineering (Programs in Biosystems, Civil, Computer, Electrical and Mechanical) ◊ ◻	4-year degree	A minimum average of 80% over the following, with no less than 70% in each course: • English 40S • Pre-Calculus Math 40S • Chemistry 40S • Physics 40S	Chemistry 40S, Physics 40S, Pre-Calculus Math 40S
<b>CLAYTON H. RIDDELL FACULTY OF ENVIRONMENT, EARTH, AND RESOURCES</b>	Environmental Science, Bachelor of Environmental Science ◊ ◻	3-year and 4-year degree options	A minimum average of 70% over the following, with no less than 60% in each course: • English 40S • Pre-Calculus Math 40S • Physics 40S • One of Biology 40S, Chemistry 40S, or Computer Science 40S	Biology 40S, Chemistry 40S, Physics 40S, Pre-Calculus Math 40S
	Physical Geography, Bachelor of Science ◊ ◻	4-year degree		Biology 40S, Chemistry 40S, Physics 40S, Pre-Calculus Math 40S
	Environmental Studies, Bachelor of Environmental Studies ◊ ◻	3-year and 4-year degree options	A minimum average of 70% over the following, with no less than 60% in each course: • English 40S • Math 40S • A third academic 40S course • A fourth academic 40S course	Biology 40S, any Math 40S
	Geography, Bachelor of Arts ◊ ◻	3-year and 4-year degree options		Any Math 40S
	Earth Sciences, Bachelor of Science (Geology and Geophysics options available) ◊ ◻	3-year and 4-year degree options	A minimum average of 70% over the following, with no less than 60% in each course: • English 40S • Pre-Calculus Math 40S • Physics 40S • Chemistry 40S	Chemistry 40S, Physics 40S, Pre-Calculus Math 40S
<b>RADY FACULTY OF HEALTH SCIENCES</b>	Interdisciplinary Health, Bachelor of Health Sciences ◊ ◻	4-year degree	A minimum average of 85% over the following, with no less than 60% in each course: • English 40S • Pre-Calculus Math or Applied Math 40S • Biology 40S • Chemistry 40S	Biology 40S, Chemistry 40S, Pre-Calculus Math or Applied Math 40S
	Interdisciplinary Health, Bachelor of Health Studies ◊ ◻	4-year degree	A minimum average of 85% over the following, with no less than 60% in each course: • English 40S • Pre-Calculus Math or Applied Math 40S • Biology 40S or Chemistry 40S • A fourth academic 40S course	Biology 40S or Chemistry 40S, Pre-Calculus Math or Applied Math 40S
<b>SCHOOL OF DENTAL HYGIENE</b> ◊	Dental Hygiene, Diploma in Dental Hygiene ◊ ◻	2-year diploma (+ 1 year university studies)	A minimum average of 85% over the following, with no less than 60% in each course: • English 40S • Pre-Calculus Math or Applied Math 40S • Chemistry 40S • A fourth academic 40S course	Biology 40S, Chemistry 40S, Pre-Calculus Math or Applied Math 40S
<b>DR. GERALD NIZNICK COLLEGE OF DENTISTRY</b> ◊	Dentistry, Doctor of Dental Medicine ◻	4 years (+2 years university studies)	No Direct Entry option available.	Biology 40S, Chemistry 40S, Physics 40S, Pre-Calculus Math or Applied Math 40S
<b>MAX RADY COLLEGE OF MEDICINE</b> ◊	Medicine, Doctor of Medicine ◻	4-year degree (+ undergraduate degree)	No Direct Entry option available.	Biology 40S, Chemistry 40S, Physics 40S, Pre-Calculus Math or Applied Math 40S
<b>COLLEGE OF NURSING</b>	Nursing, Bachelor of Nursing ◻	3 years (+1 year university studies) Accelerated delivery options available	No Direct Entry option available.	Biology 40S, any Math 40S
	Midwifery, Bachelor of Midwifery ◊ ◻	3 years (+1 year university studies)		Biology 40S, Chemistry 40S, Pre-Calculus Math or Applied Math 40S
<b>COLLEGE OF PHARMACY</b> ◊	Pharmacy, Doctor of Pharmacy ◻	4 years (+2 years university studies)	No Direct Entry option available.	Biology 40S, Chemistry 40S, Pre-Calculus Math 40S
<b>COLLEGE OF REHABILITATION SCIENCES</b> ◊	Respiratory Therapy, Bachelor of Respiratory Therapy ◻	3 years (+1 year university studies)	No Direct Entry option available.	Biology 40S, Chemistry 40S, Physics 40S, Pre-Calculus Math or Applied Math 40S
<b>FACULTY OF KINESIOLOGY AND RECREATION MANAGEMENT</b>	Athletic Therapy, Bachelor of Kinesiology ◻	3 years (+1 year university studies)	No Direct Entry option available.	Biology 40S, any Math 40S
	Kinesiology, Bachelor of Kinesiology ◊ ◻	4-year degree	A minimum average of 85% over the following, with no less than 60% in each course: • English 40S • Pre-Calculus Math or Applied Math 40S • One of Biology 40S, Chemistry 40S, or Physics 40S • A fourth academic 40S course	Biology 40S, any Math 40S
	Physical Education, Bachelor of Physical Education ◊ ◻	3-year degree		Biology 40S, any Math 40S
	Recreation Management and Community Development, Bachelor of Recreation Management and Community Development ◊ ◻	4-year degree	A minimum average of 85% over the following, with no less than 60% in each course: • English 40S • Pre-Calculus Math or Applied Math 40S • A third academic 40S course • A fourth academic 40S course	Any Math 40S
<b>FACULTY OF LAW</b>	Law, Juris Doctor ◻	3 years (+ minimum 2 years university studies)	No Direct Entry option available.	N/A
<b>DESAUTELS FACULTY OF MUSIC</b>	Music, Bachelor of Music ◊ ◻	4-year degree	A minimum average of 70% over the following, with no less than 60% in each course: • English 40S • Math 40S • A third academic 40S course • A fourth academic 40S course <i>An audition, theory test, and letters of recommendation are required.</i>	Music 40S, second 40S language
	Jazz Studies, Bachelor of Jazz Studies ◊ ◻	4-year degree		Music 40S, second 40S language
<b>FACULTY OF SCIENCE</b>	Science, Bachelor of Science ◊ ◻	3-year and 4-year degree options	A minimum average of 80% over the following, with no less than 60% in each course: • English 40S • Pre-Calculus Math or Applied Math 40S • One of Biology 40S, Chemistry 40S, Computer Science 40S, or Physics 40S • A fourth academic 40S course	Grade 12 prerequisites vary by program. To learn more visit <a href="http://umanitoba.ca/firstyear">umanitoba.ca/firstyear</a>
<b>FACULTY OF SOCIAL WORK</b>	Social Work, Bachelor of Social Work ◻	3 years (+1 year university studies)	No Direct Entry option available.	N/A

## International Students

<http://umanitoba.ca/admissions/undergraduate/requirements/international>

To study at the University of Manitoba you must meet the following **three general admission requirements**:



You must demonstrate English language proficiency [English language proficiency requirements](#) | [Explore UM](#) | [University of Manitoba \(umanitoba.ca\)](#) AND you must meet one of these two requirements:

1. the general admission requirement based on your **country of study** OR
2. the general admission requirement based on your **curriculum of study** AND
3. You must meet program-specific requirements based on program(s) of choice.

Check out the website above for  
program specific equivalencies

, or contact the University admissions office at [international\\_students@umanitoba.ca](mailto:international_students@umanitoba.ca) for details.

## University of Manitoba—Useful Sites

- **Apply** to the UofM by MARCH 1st.

This will allow you to be considered for entrance scholarships! [Undergraduate admissions](#) | [Explore UM](#) | [University of Manitoba \(umanitoba.ca\)](#)

- **Planning your first year—Select your courses and create your timetable—extensive Q & A:** [First Year Centre](#) | [University of Manitoba \(umanitoba.ca\)](#)
- **Digital Viewbook:** [Explore UM](#) | [University of Manitoba \(umanitoba.ca\)](#)
- **Experience catalogue:** Check out all the different clubs and opportunities available on campus! [University of Manitoba - University of Manitoba - Experience Catalogue \(umanitoba.ca\)](#)
- **Academic Advisors** will help you develop a plan! [Academic advising](#) | [University of Manitoba \(umanitoba.ca\)](#)
- **Access Program** (separate application) - Academic, Personal and Cultural programming and supports [The Access Program](#) | [University of Manitoba \(umanitoba.ca\)](#)
- **Career Planning:** [Career Services](#) | [University of Manitoba \(umanitoba.ca\)](#)
- **Register for Courses with Aurora**(once accepted) [Using Aurora](#) | [University of Manitoba \(umanitoba.ca\)](#)
- **Campus Tours:** Fridays at 9:30 a.m. and 1:30 p.m. (allow 2 hours for your visit); Register to sign-up: [Campus tours: in-person \(umanitoba.ca\)](#)
- **Financial Support** (scholarships, bursaries, etc.) [Financial Aid and Awards](#) | [University of Manitoba \(umanitoba.ca\)](#)
- **Indigenous Opportunities:** [Indigenous](#) | [University of Manitoba \(umanitoba.ca\)](#)
- **Supporting a Smooth Transition for First Year Indigenous Students**—Qualico Bridge to Success Program: [Qualico Bridge to Success Program](#) | [Indigenous](#) | [University of Manitoba \(umanitoba.ca\)](#)
- **Student Accessibility:** advocacy for learning and accessibility needs (Contact before applying as paperwork needs to be filled out with a doctor! Access to note takers, assistive technology, exam accommodations, etc. [Student supports](#) | [University of Manitoba \(umanitoba.ca\)](#)

## Academic 40S Classes Approved for General Admissions & Entrance Scholarships

Consult the list on the next two pages to make sure you are meeting the **academic course requirements** for admission purposes. NOTE: only the **highlighted courses** can be used for **scholarship consideration**: [40s-coursescholarship-list-100721.pdf \(umanitoba.ca\)](#)

### Scholarships

To be eligible for entrance scholarships, students must demonstrate a minimum 85% average over five 40S courses in different subject areas\*. For example:

- Applied Math or Pre-Calculus Math
- Biology
- Chemistry
- Computer Science
- English (Anglais) or French (Français)
- Any one other language
- Family Studies or Foods & Nutrition
- Geography
- Any History
- Any Indigenous Studies
- Any Music
- Physics
- Visual Arts
- World Issues or Global Issues

\*With the exception of English (two English courses may be used), students must demonstrate excellence in five different subject areas.



Code	Course Name	Level
<b>APPLIED COMMERCE EDUCATION</b>		
0310	ACCOUNTING SYSTEMS	405
0311	APPLIED BUSINESS TECHNOLOGIES	405
0316	BUSINESS MANAGEMENT	405
0318	ECONOMIC PRINCIPLES	405
0323	MARKETING AND DIGITAL COMMERCE	405
0326	TOPICS AND TRENDS IN BUSINESS	405
<b>ARTS EDUCATION</b>		
<b>Dance</b>		
0157	DANCE IB HL	425
0158	DANCE IB SL	425
0174	DANCE 1A	405
0176	DANCE 2A	405
0178	DANCE 3A	405
0180	DANCE 4A	405
0182	DANCE 5A	405
0194	DANCE 6A	405
0196	DANCE 7A	405
0198	DANCE 8A	405
<b>Dramatic Arts</b>		
0112	FILM STUDIES IB SL	425
0239	DRAMA 1A	405
0242	DRAMA 2A	405
0244	DRAMA 3A	405
0246	DRAMA 4A	405
0248	DRAMA 5A	405
0252	DRAMA 6A	405
0254	DRAMA 7A	405
0256	DRAMA 8A	405
0376	THEATRE ARTS IB SL	425
0377	THEATRE ARTS IB HL	425
<b>Music</b>		
0258	MUSIC 1A	405
0260	MUSIC 2A	405
0262	MUSIC 3A	405
0264	MUSIC 4A	405
0266	MUSIC 5A	405
0268	MUSIC 6A	405
0270	MUSIC 7A	405
0272	MUSIC 8A	405
3957	MUSIC IB SL	425
3960	MUSIC IB HL	425
3959	MUSIC (1) /AP	425

Code	Course Name	Level
<b>Visual Arts</b>		
0108	STUDIO ART: 2-D DESIGN PORTFOLIO AP	425
0205	STUDIO ART: GENERAL PORTFOLIO AP	425
0206	HISTORY OF ART AP	425
0212	ART DESIGN (VISUAL ARTS) IB SL	425
0215	ART DESIGN IB HL	425
0216	STUDIO ART: DRAWING PORTFOLIO AP	425
0274	VISUAL ARTS 1A	405
0276	VISUAL ARTS 2A	405
0283	VISUAL ARTS 3A	405
0285	VISUAL ARTS 4A	405
0287	VISUAL ARTS 5A	405
0289	VISUAL ARTS 6A	405
0293	VISUAL ARTS 7A	405
0295	VISUAL ARTS 8A	405
<b>COMPUTER &amp; INFORMATION TECHNOLOGY</b>		
0278	COMPUTER SCIENCE IB HL	425
0279	COMPUTER SCIENCE IB SL	425
0280	COMPUTER SCIENCE	405
0290	COMPUTER SCIENCE A – AP	425
0328	COMPUTER SCIENCE PRINCIPLES AP	425
0373	INFO. TECH. IN A GLOBAL SOCIETY IB SL	425
0374	INFO. TECH. IN A GLOBAL SOCIETY IB HL	425
<b>CROSS-CURRICULAR</b>		
0606	WORLD OF RELIGIONS	405
<b>ENGLISH (ANGLAIS)</b>		
<b>English As An Additional Language</b>		
5301	EAL FOR ACADEMIC SUCCESS: S4 LEARNERS	405
<b>English Language Arts</b>		
0014	ENGLISH: LANGUAGE & COMPOSITION AP	425
0015	ENGLISH: LITERATURE & COMPOSITION AP	425
0016	ENGLISH IB SL	425
0017	ENGLISH IB HL	425
0028	ELA: LANGUAGE & LITERARY FORMS	405
0029	ELA: LANGUAGE & TRANSACTIONAL FORMS	405
0030	ELA: LANG. & TECHNICAL COMMUNICATION	405
0031	ANGLAIS: LANG. & LITERARY FORMS	405
0032	ANGLAIS: LANG. & TRANSACTIONAL FORMS	405
0033	ANGLAIS: LANG. & TECHNICAL COMM.	405
0035	ELA-IMMERSION: LANG. & LIT. FORMS	405
0036	ELA-IMMERSION: LANG. & TRANS. FORMS	405

Code	Course Name	Level
0037	ELA-IMMERSION: LANG. & TECH. COMM.	405
0070	ANGLAIS: COMPREHENSIVE FOCUS	405
0071	ANGLAIS: LITERARY FOCUS	405
0072	ANGLAIS: TRANSACTIONAL FOCUS	405
0073	ELA-IMMERSION: COMPREHENSIVE FOCUS	405
0074	ELA-IMMERSION: LITERARY FOCUS	405
0075	ELA-IMMERSION: TRANSACTIONAL FOCUS	405
0092	ELA: COMPREHENSIVE FOCUS	405
0093	ELA: LITERARY FOCUS	405
0094	ELA: TRANSACTIONAL FOCUS	405
0335	ENGLISH: CAPSTONE SEMINAR AP	425
0336	ENGLISH: CAPSTONE RESEARCH AP	425
<b>FRENCH (FRANÇAIS)</b>		
0401	FRANÇAIS ARTS LANGAGIERS	405
0403	FRENCH: COMMUNICATION & CULTURE	405
0401	FRANÇAIS LANGUE PREMIERE	405
0410	FRENCH LANGUAGE AP	425
0411	FRENCH LITERATURE AP	425
0412	FRENCH IB SL	425
0413	FRENCH IB HL	425
0414	FRENCH AB INITIO IB	425
0415	FRANÇAIS IB HL	425
0416	FRANÇAIS IB SL	425
0426	FL1: COMMUNICATION MÉDIATIQUE	405
0427	FL1: LITTÉRATURES FRANCOPHONES	405
0428	FL2-IMM.: COMMUNICATION MÉDIATIQUE	405
0429	FL2-IMM.: LITTÉRATURES FRANCOPHONES	405
0431	FL1: LANGUE ET COMMUNICATION	405
0432	FL2-IMM.: LANGUE ET COMMUNICATION	405

### LANGUAGES OTHER THAN ENGLISH & FRENCH

#### American Sign Language

1000	AMERICAN SIGN LANGUAGE & DEAF CULTURE	405
1011	AMERICAN SIGN LANGUAGE ARTS	405

#### Chinese (Mandarin)

0297	CHINESE LANGUAGE AND CULTURE AP	425
1015	CHINESE (MANDARIN): 4 YEAR PROGRAMMING	405
1016	CHINESE (MANDARIN): 3 YEAR PROGRAMMING	405

#### Cree (Indigenous Language)

3906	ENGLISH/CREE BILINGUAL PROGRAMMING	405
------	------------------------------------	-----

#### Filipino

1001	FILIPINO: 4 YEAR PROGRAMMING	405
1070	FILIPINO	405

This academic course list is subject to change. In the event of any inconsistency between the information found here and the university's website, the website shall prevail.

All courses listed meet admissions academic course requirement(s).

Only courses highlighted in blue can be used for scholarship.

Code	Course Name	Level
<b>German</b>		
0381	DEUTSCH	405
1002	GERMAN: 4 YEAR PROGRAMMING	405
1032	GERMAN	405
1033	GERMAN AP	425
3921	ENGLISH/GERMAN BILINGUAL PROGRAMMING	405
<b>Hebrew</b>		
0480	HEBREW	405
1005	HEBREW: 4 YEAR PROGRAMMING	405
3922	ENGLISH/HEBREW BILINGUAL PROGRAMMING	405
<b>Italian</b>		
1007	ITALIAN: 4 YEAR PROGRAMMING	405
1045	ITALIAN	405
<b>Japanese</b>		
0375	JAPANESE AB INITIO IB	425
1020	JAPANESE: 4 YEAR PROGRAMMING	405
1021	JAPANESE: 3 YEAR PROGRAMMING	405
<b>Latin</b>		
1054	LATIN	405
<b>Polish</b>		
1008	POLISH: 4 YEAR PROGRAMMING	405
1071	POLISH	405
<b>Portuguese</b>		
1009	PORTUGUESE: 4 YEAR PROGRAMMING	405
1069	PORTUGUESE	405
<b>Spanish</b>		
0378	SPANISH AB INITIO IB	425
1034	SPANISH AP	425
1080	SPANISH: 3 YEAR PROGRAMMING	405
1081	SPANISH: 4 YEAR PROGRAMMING	405
1082	SPANISH: 6 YEAR PROGRAMMING	405
<b>Ukrainian</b>		
0900	UKRAINIAN: 12 YEAR PROGRAMMING	405
0901	UKRAINIAN: 4 YEAR PROGRAMMING	405
0902	UKRAINIAN: 3 YEAR PROGRAMMING	405
3920	ENGLISH/UKRAINIAN BILINGUAL PR	405

Code	Course Name	Level
<b>MATHEMATICS</b>		
0089	MATHEMATICS IB SL	425
0090	MATHEMATICS IB HL	425
0091	MATHEMATICAL METHODS IB	425
0307	MATH STUDIES IB SL	425
0308	MATH STUDIES IB HL	425
3000	ESSENTIAL MATHEMATICS	405
3901	CALCULUS (AB) AP	425
3902	CALCULUS (BC) AP	425
3903	APPLIED MATHEMATICS	405
3908	INTRO. TO CALCULUS & ADVANCED MATH I	405
3909	ADVANCED MATHEMATICS (I & II)	405
3939	PRE-CALCULUS MATHEMATICS	405
<b>SCIENCE</b>		
<b>Biology</b>		
0124	BIOLOGY	405
0132	BIOLOGY AP	425
0183	BIOLOGY IB SL	425
0184	BIOLOGY IB HL	425
<b>Chemistry</b>		
0122	CHEMISTRY	405
0133	CHEMISTRY AP	425
0185	CHEMISTRY IB SL	425
0186	CHEMISTRY IB HL	425
<b>Environmental Science</b>		
0141	ENVIRONMENTAL SCIENCE AP	425
0306	ENVIRONMENTAL SYSTEMS & SOCIETIES	425
<b>Interdisciplinary Science</b>		
0140	INTERDISCIPLINARY TOPICS IN SCIENCES	405
<b>Physics</b>		
0123	PHYSICS	405
0135	PHYSICS C AP	425
0187	PHYSICS IB SL	425
0188	PHYSICS IB HL	425
0298	PHYSICS 1 AP	425
0299	PHYSICS 2 AP	425

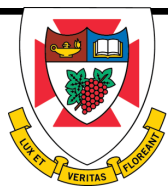
Code	Course Name	Level
<b>SOCIAL SCIENCES</b>		
<b>Economics</b>		
0350	ECONOMICS IB SL	425
0351	ECONOMICS IB HL	425
0358	MICRO-ECONOMICS AP	425
0359	MACRO-ECONOMICS AP	425
<b>Human Ecology</b>		
0486	HUMAN ECOLOGY	405
0487	FAMILY STUDIES	405
0488	TEXTILE ARTS AND DESIGN	405
0489	FOOD AND NUTRITION	405
0490	ENVIRONMENTAL DESIGN	405
0491	APPLIED FAMILY STUDIES	405
<b>Indigenous Studies</b>		
0103	CURRENT TOPICS IN FNMI STUDIES GR. 12	405
<b>Physical/Health Education</b>		
0173	SPORTS, EXERCIS. & HEALTH SCIENCES IB SL	425
0300	EXERCISE SCIENCE	405
<b>Psychology</b>		
0109	PSYCHOLOGY IB HL	425
0356	PSYCHOLOGY AP	425
1010	PSYCHOLOGY	405
<b>Social Studies</b>		
0047	HISTORY: UNITED STATES AP	425
0048	HISTORY: EUROPEAN AP	425
0106	HISTORY: WORLD AP	425
0191	HISTORY IB SL	425
0192	HISTORY IB HL (AMERICAN)	425
0193	HISTORY IB HL (EUROPEAN)	425
0347	COMPARATIVE GOVERNMENT & POLITICS AP	425
0348	HUMAN GEOGRAPHY AP	425
0383	AKTUELLE THEMEN DES 20 (GERMAN)	405
0580	CANADIAN LAW	405
1123	CINEMA AS A WITNESS TO MODERN HISTORY	405
1126	GEOGRAPHY: WORLD HUMAN	405
1128	GLOBAL ISSUES: CITIZENSHIP & SUSTAINABILITY	405
1136	HISTORY: WESTERN CIVILIZATION	405
<b>Statistics</b>		
0357	STATISTICS AP	425
<b>SUSTAINABLE TOURISM</b>		
0302	SUSTAINABLE TOURISM	405

This academic course list is subject to change. In the event of any inconsistency between the information found here and the university's website, the website shall prevail.

All courses listed meet admissions academic course requirement(s).

Only courses highlighted in blue can be used for scholarship.

Updated September 2024



# THE UNIVERSITY OF WINNIPEG

The University of Winnipeg is a dynamic campus and a downtown hub that connects people from diverse cultures and nurtures global citizens. Our graduates value their educational experience and UWinnipeg consistently ranks highly in national surveys for overall reputation, small class sizes, academic excellence and commitment to the environment. Check out [uwinnipeg.ca/programs](http://uwinnipeg.ca/programs) for a description of Academic Programs.

· **Virtual Viewbook:** [uwinnipeg.ca/future-student/viewbooks/](http://uwinnipeg.ca/future-student/viewbooks/) / **Instagram:** @uwinnipeg

· If you **APPLY BY MARCH 1st**, your final transcript will automatically be sent to the university and you will be considered for their special entrance scholarships. (See page 48 for more details.)

## UNDERGRADUATE PROGRAM OPTIONS:

### FACULTY OF ARTS

CLASSICS  
CONFLICT RESOLUTION  
COMMUNICATIONS  
(Joint Program—RRC)  
CRIMINAL JUSTICE  
DANCE  
DISABILITY STUDIES  
(Joint Program—RRC)  
EAST ASIAN LANGUAGES &  
CULTURES  
ENGLISH  
GERMAN –CANADIAN STUDIES  
HISTORY  
HISTORY OF ART  
HUMAN RIGHTS  
INDIGENOUS LANGUAGES  
INDIGENOUS STUDIES  
INTERDISCIPLINARY LINGUISTICS  
MENNONITE STUDIES  
MODERN LANGUAGES &  
LITERATURE  
- French Studies  
- German Studies  
- Spanish Studies  
PHILOSOPHY  
POLITICAL SCIENCE  
PSYCHOLOGY  
RELIGION & CULTURE  
RHETORIC AND COMMUNICATIONS  
SOCIOLOGY  
THEATRE & FILM  
URBAN AND INNER CITY STUDIES  
WOMEN'S & GENDER STUDIES

### FACULTY OF BUSINESS & ECONOMICS

BUSINESS AND ADMINISTRATION  
- Accounting

- Human Resource Management  
- International Business  
- Marketing  
- Operations and Supply Chain Management  
ECONOMICS  
ECONOMICS AND FINANCE  
**FACULTY OF EDUCATION**  
BA PROGRAMS  
- Developmental Studies  
- Developmental Studies/Early Childhood Education (Joint Program—RRC)  
BEd PROGRAMS  
- Integrated Education  
- After-Degree Education  
- Industrial Arts, Applied Commerce Education or Technical Vocational Teacher (Joint Program—RRC)

### GUPTA FACULTY OF KINESIOLOGY & APPLIED HEALTH

ATHLETIC THERAPY  
KINESIOLOGY  
PHYSICAL AND HEALTH EDUCATION  
FACULTY OF SCIENCE  
ANTHROPOLOGY  
APPLIED COMPUTER SCIENCE  
(Health Informatics, Information Systems, Scientific Computing)  
APPLIED ENVIRONMENTAL SCIENCE (Joint Program—RRC)  
BIOANTHROPOLOGY  
BIOCHEMISTRY  
BIOLOGY  
CHEMISTRY  
ENVIRONMENTAL STUDIES (BA)  
(Sustainable Urban Environments,

Sustainable Resource Systems)  
ENVIRONMENTAL SCIENCES (BSc)  
(Chemistry, Forest Ecology, Forest Policy & Management, Global Environmental Systems)  
GEOGRAPHY  
MATHEMATICS  
NEUROSCIENCE  
PHYSICS (Chemical, Computational, Mathematical, Medical)  
STATISTICS (Data Science)

### **PRE-PROFESSIONAL STUDIES**

\*\*\*Consider studying at the U of W for these pre-professional programs. This will allow you to fulfil the admission requirements for professional programs at other institutions. BENEFITS: Smaller class sizes, easier to connect with prof  
PRE-CHIROPRACTIC  
PRE-DENTAL HYGIENE  
PRE-DENTISTRY  
PRE-LAW  
PRE-MEDICAL TECHNOLOGY  
PRE-MEDICINE  
PRE-OCCUPATIONAL THERAPY  
PRE-OPTOMETRY  
PRE-PHARMACY  
PRE-PHYSICAL THERAPY  
PRE-PHYSICIAN ASSISTANT  
PRE-RADIATION THERAPY  
PRE-RESPIRATORY THERAPY  
PRE-SOCIAL WORK  
PRE-VETERINARY MEDICINE

## Manitoba High School Student—Admission Requirements:



THE UNIVERSITY OF  
WINNIPEG

- Be a high school graduate with at least 30 Manitoba high school credits, or hold a Mature Student Diploma and have completed the required courses.
- Have completed **five credits** at the Grade 12 level, designated S or G level (of which three must be 40S)
- Present a minimum one credit of core **English 40S** (Comp, Lit or Trans) or **Français 40S** and one credit of **Mathematics 40S** (Pre-Calculus, Applied or Essential / Consumer)
- Have **an average of at least 65%** on the best three 40S courses including both core **English 40S (or Français 40S)** and any **Mathematics 40S**, plus **one other 40S credit** from a different subject area.
- AP courses can be considered for admission, scholarships and university credit.  
Visit [uwinnipeg.ca/ap-ib](http://uwinnipeg.ca/ap-ib)

## Majors with High School Pre-Requisites: [Factsheets](#) | [Factsheets](#) | [The University of Winnipeg \(uwinnipeg.ca\)](#)

In order to specialize in some disciplines at the University of Winnipeg, you need to have completed specific high school courses. If you are considering any of the majors below, make sure you have the required courses. Check the Factsheets above or [uwinnipeg.ca/pre-req](http://uwinnipeg.ca/pre-req) (greatest accuracy as pre-requisites may change).

*NOTE: \* Possible teaching major/minor for Education students.*

**Faculty of Arts:** General requirements only. No specific prerequisites for any majors.

**Faculty of Business & Administration:** Pre-Calculus Mathematics 40S or Applied Mathematics 40S

**Economics\*:** Pre-Calculus Mathematics 40S or Applied Mathematics 40S

**Economics and Finance:** Pre-Calculus Mathematics 40S or Applied Mathematics 40S

**Gupta Faculty of Kinesiology and Applied Health:**

General requirements only. Pre-Calculus Mathematics 40S or Applied Mathematics 40S is *recommended*.

For Athletic Therapy, Pre-Calculus Math 40S or Applied Math 40S is required. Biology and one of Chemistry or Physics are *recommended*.

**Applied Computer Science\*:** Pre-Calculus Mathematics 40S or Applied Mathematics 40S

**Bioanthropology:** Chemistry 40S, and Either Pre-Calculus Mathematics 40S or Applied Mathematics 40S

**Biochemistry:** Chemistry 40S, and Either Pre-Calculus Mathematics 40S or Applied Mathematics 40S

**Biology\*:** Chemistry 40S, and Either Pre-Calculus Mathematics 40S or Applied Mathematics 40S

**Chemistry\*:** Chemistry 40S, and Either Pre-Calculus Mathematics 40S or Applied Mathematics 40S

**Environmental Science (BSc):** Chemistry 40S, and Either Pre-Calculus Math 40S or Applied Mathematics 40S (required for the BSc);  
Pre-Calculus Mathematics 40S (required for the Chemistry stream)

**Geography (BSc)\*:** Pre-Calculus Mathematics 40S or Applied Mathematics 40S

**Mathematics\*:** Pre-Calculus Mathematics 40S

**Neuroscience:** Chemistry 40S, and Either Pre-Calculus Mathematics 40S or Applied Mathematics 40S

**Physics\*:** Physics 40S, and Either Pre-Calculus Math 40S or Applied Math 40S; Chemistry 40S (required for Physical Chemistry stream)

**Psychiatric Nursing:** Chemistry 40S, and Either Pre-Calculus Mathematics 40S or Applied Mathematics 40S are strongly recommended

**Statistics:** Pre-Calculus Mathematics 40S or Applied Mathematics 40S

**Theatre & Film; Dance Stream:** Audition with the School of Contemporary Dancers

## Pre-professional Studies

**Dental Hygiene:** Pre-Calculus or Applied Math and Chemistry. Biology is recommended.

**Medical Technology:** Pre-Calculus or Applied Math and Chemistry. Physics may be required.

**Radiation Therapy:** Pre-Calculus or Applied Math. Chemistry and Physics are recommended.

**Respiratory Therapy:** Pre-Calculus or Applied Math and Chemistry. Biology and Physics are recommended.

**Social Work:** General requirements only.

**Dentistry:** Pre-Calculus or Applied Math and Chemistry. Physics may be required and Biology is recommended

**Law:** General requirements only.

**Pharmacy:** Pre-Calculus and Chemistry. Biology is recommended.

**Veterinary Medicine:** Pre-Calculus or Applied Math and Chemistry. Biology and Physics are recommended.

**Chiropractic:** Pre-Calculus or Applied Math and Chemistry.

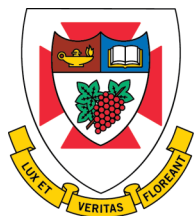
**Medicine:** Pre-Calculus or Applied Math and Chemistry. Biology and Physics are recommended.

**Occupational therapy:** Pre-Calculus or Applied Math. Chemistry, Biology and Physics are recommended.

**Optometry:** Pre-Calculus or Applied Math and Chemistry. Physics may be required.

**Physical Therapy:** Pre-Calculus or Applied Math and Chemistry.

**Physician Assistant:** Pre-Calculus or Applied Math and Chemistry. Biology and Physics are recommended



# THE UNIVERSITY OF WINNIPEG

## Admission Requirements for the Integrated Faculty of Education Program:

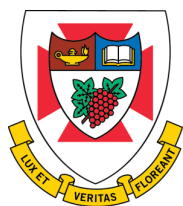
- Be a high school graduate with at least 30 Manitoba high school credits, or hold a Mature Status Diploma and have completed courses required for Regular Status Entry
- Have completed five credits at the Grade 12 level, designated S or G; At least 3 must be from list at the bottom of this page.
- Must present standing in EITHER **two credits of English 40S plus one credit of Mathematics 40S** (Applied or Essential) **OR one credit of English 40 S plus Pre-Calculus Mathematics 40S**
- Entrance averages are competitive and will be calculated using the student's 2 best courses from the approved list below, as well as the highest average of either: English (2 credits), English and Français (2 credits), Applied Math, or Pre-Cal Math
- Students must have a minimum entrance average of **70%** to apply. Note: a 70% average does not guarantee you admission as there is a maximum number of students admitted to the faculty.
- Note that you will apply to the Elementary or Senior stream (\*NB: For the Elementary stream students who have not completed Applied or Pre-Cal Math 40S in high school, you will need to upgrade by taking a non-credit Math course at university or writing an entrance Math test to determine if you meet the math prerequisite
- Teachable Majors and Minors: [Faculty of Education](#) | [Future Student](#) | [The University of Winnipeg \(uwinnipeg.ca\)](#)
- Don't select "Certified Teacher" on your application

### Approved List of Grade 12 Courses

The following courses can be used to calculate the average for entrance into the Faculty of Education:

Accounting Systems	German
Anglais	Global Issues: Citizens and Sustainability
Art	Hebrew
Biology	History of Western Civilization
Chemistry	Italian
Chinese (Cantonese) 41G	Japanese
Chinese (Mandarin)	Latin
Cinema as a Witness to Modern History	Law
Computer Science	Mathematics (Applied or Pre-Calculus)
Cree/Ojibway/Saulteaux 41G	Music (one of: Band, Choral, Guitar, Strings, Private Music Option)
Current Topics in First Nations, Métis, and Inuit Studies	Physics
Dramatic Arts	Polish
Economics	Portuguese
English (two credits)	Psychology
Family Studies	Spanish
Filipino	Ukrainian
Français	World Issues
French	World Religions
Geography	

All courses 40S unless otherwise indicated



# THE UNIVERSITY OF WINNIPEG

**HELP! I'm missing high school courses that are required  
for University admissions! Can I still apply?**

*Yes, you can still potentially attend university!*

## **Option 1: Concurrent Status**

[Concurrent](#) | [Future Student](#) | [The University of Winnipeg \(uwinnipeg.ca\)](#)

- For students missing high school courses (fewer than three) to meet Regular Status admission requirements
- For students who have selected a major that requires a high school prerequisite course they don't have
- Complete high school requirements at UWinnipeg Collegiate, and start a degree program at the same time
- Register in a maximum of 9 credit hours of first-year university courses
- Upon successful completion of the high school course(s), admission status will be changed to Regular Status

## **Option 2: Mature Student Status**

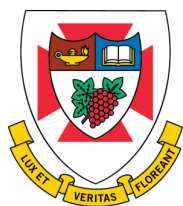
[Mature Students](#) | [Future Student](#) | [The University of Winnipeg \(uwinnipeg.ca\)](#)

- High School Grad but don't meet regular high school admission requirements and you will turn at least 21 years old, or turning 21 during first year of admission OR
- Not a High School graduate, but you have passed three 40S courses in the last three years

## **Option 3: Mature Student Access**

[Mature Access](#) | [Adult Learner Services](#) | [The University of Winnipeg \(uwinnipeg.ca\)](#)

- Turning at least 24 years old in the calendar year
- Do not have a high school diploma



# THE UNIVERSITY OF WINNIPEG

## **Indigenous Student Services:** [Indigenous Student Services](#) | [Accepted Students](#) | [The University of Winnipeg \(uwinnipeg.ca\)](#)

The Indigenous Student Services Centre (ISSC) was created to provide a safe, educational and culturally sensitive environment for all Indigenous students (First Nation, Métis and Inuit). Supports include:

- Open door policy
- Indigenous Students' Association
- Indigenous Student Lounge
- Elders in Residence
- Ceremonies
- Dailys Smudge and Medicines
- Transition Year Program (support twith transitioning from high-school to first year)
- Academic, career, liaison, and support services
- Red River Métis Inclusion Coordinator Candice Allard: [Candice.allard@mmf.mb.ca](mailto:Candice.allard@mmf.mb.ca)
- Contact: Tim Coughlan: 204-786-9922 / [t.coughlan@uwinnipeg.ca](mailto:t.coughlan@uwinnipeg.ca)

## **International, Immigrant and Refugee Supports:** [Home](#) | [IRSS](#) | [The University of Winnipeg \(uwinnipeg.ca\)](#)

Immigrant and Refugee Support Services (IRSS) provides a safe, educational, and culturally sensitive environment for immigrant and refugee students as they pursue their academic studies at UWinnipeg. Supports include:

- Meet with other students to exchange their experiences to succeed academically, make new friends, and grow their network and support systems
- Worskhops (time management, study skills, scholarships, etc.)
- Free tutoring
- IRSS Student Group Leadership opportunities
- Annual lunch
- Social events
- Transition Year Program: assists students in building the academic and personal coping skills necessary for post-secondary success
- Contact: David Atem; 204-258-2910 / [d.atem@uwinnipeg.ca](mailto:d.atem@uwinnipeg.ca)

We're Manitoba's largest institute of applied learning and research, with more than 150 full- and part-time degree, diploma, and certificate options. Through hands on learning opportunities and state-of-the-art instruction, we prepare our students to become leaders in their fields—while also ensuring they can meet changing industry demands, and contribute to the province's economic growth. They offer programs in the following **INTEREST AREAS:**

**BUSINESS & MANAGEMENT PROGRAMS :**

- Accounting**  
Part-time Certificate
- Administrative Assistant**  
Part- or Full-time Certificate
- Applied Accounting**  
Full-time Certificate
- Business Accountancy (International)**  
Full-time Post-Graduate Diploma
- Business Administration**  
Full-time Diploma
- Business and Administrative Studies**  
Part- or Full-time Certificate
- Business Management**  
Full-time Post-Graduate Diploma
- Business, Accounting and Management**  
Part- or Full-time Certificate
- Business, Accounting and Management (International)**  
Full-time Certificate
- Commerce Industry Sales and Marketing**  
Full-time Certificate
- Hospitality and Tourism Management**  
Full-time Certificate or Diploma
- Hotel and Restaurant Management**  
Full-time Diploma
- Human Resource Management**  
Part- or Full-time Certificate
- International Business**  
Full-time Advanced Diploma
- Legal Assistant**  
Full-time Certificate
- Management Development**  
Part-time Certificate
- Technology Management (International)**  
Full-time Advanced Diploma

**CULINARY:**

- Culinary Arts**  
Full-time Certificate or Diploma
- Culinary Skills (International)**  
Full-time Certificate
- Professional Baking and Pastry**  
Full-time Certificate

**EDUCATION:**

- Applied Commerce Education**  
Full-time Degree
- Educational Assistant**  
Part- or Full-time Certificate
- Industrial Arts Education**  
Full-time Degree
- Teaching for Learning in Applied Education**  
Part-time Post-Graduate Certificate
- Technical Vocational Teacher Education**  
Part- or Full-time Diploma

**TRANSPORTATION TECHNOLOGY PROGRAMS**

- Aerospace Manufacturing**  
Full-time Certificate
- Aircraft Maintenance Engineer**  
Full-time Diploma
- Automotive Technician**  
Full-time Certificate or Diploma
- Automotive Technology (International)**  
Full-time Diploma
- Collision Repair and Refinishing**  
Full-time Certificate
- Driver Instructor Training**  
Part-time Statement of Achievement
- Heavy Duty Equipment Mechanic**  
Full-time Certificate
- Marine and Powersports Technician**  
Full-time Certificate
- Operations Management**  
Part-time Certificate
- Transportation, Logistics and Supply Chain Management** NEW  
Part- or Full-time Certificate
- Truck Transport Technology (International)**  
Full-time Diploma
- Warehousing and Distribution**  
Part-time Certificate

**COMMUNITY SERVICES:**

- Child and Youth Care**  
Full-time Diploma
- Disability and Community Support**  
Full-time Certificate or Diploma
- Early Childhood Education**  
Full-time Diploma
- Early Childhood Education Workplace**  
Full-time Diploma
- Justice and Public Safety**  
Part-time Certificate
- Library and Information Technology**  
Part-time Diploma
- Library Training**  
Part-time Certificate
- Therapeutic Recreation Facilitator for Older Adults**  
Part- or Full-time Certificate

**CREATIVE ARTS:**

- Communication Design**  
Full-time Post-Graduate Diploma
- Communication Management** NEW  
Part-time Post-Graduate Diploma
- Creative Communications**  
Full-time Diploma
- Digital Film and Media Production** NEW  
Full-time Post-Graduate Diploma
- Digital Media Design**  
Full-time Certificate
- Digital Media Design - Interaction Design and Development** NEW  
Full-time Diploma
- Digital Media Design - Video and Motion Graphics** NEW  
Full-time Diploma
- Game Development - Art** NEW  
Full-time Advanced Diploma
- Game Development - Programming** NEW  
Full-time Advanced Diploma
- Graphic Communications**  
Part-time Certificate
- Graphic Design**  
Full-time Diploma
- Professional Photography**  
Full-time Certificate
- Residential Decorating**  
Full-time Certificate

**INDIGENOUS EDUCATION:**

- College Transition**  
Full-time Certificate
- Culinary Skills (Indigenous)**  
Full-time Certificate
- Introduction to Trades**  
Full-time Certificate
- Pathway to Business, Creative Communications and Digital Technology Programs**  
Full-time Statement of Achievement
- Pathway to Engineering Technology Programs**  
Full-time Statement of Achievement
- Pathway to Health Programs**  
Full-time Statement of Achievement
- Pathway to Information Technology Programs** NEW  
Full-time Statement of Achievement
- Social Innovation and Community Development**  
Full-time Certificate or Diploma



We're Manitoba's largest institute of applied learning and research, with more than 150 full- and part-time degree, diploma, and certificate options. Through hands on learning opportunities and state-of-the-art instruction, we prepare our students to become leaders in their fields—while also ensuring they can meet changing industry demands, and contribute to the province's economic growth.

They offer programs in the following **INTEREST AREAS:**

**ENGINEERING & CONSTRUCTION TECHNOLOGY:**

- Advanced Manufacturing** NEW  
Part-time Post-Graduate Diploma
- Architectural / Engineering Technology**  
Full-time Diploma
- Architectural Technology**  
Full-time Diploma
- Building Construction Technician**  
Part-time Certificate
- Civil Engineering Technology**  
Full-time Diploma
- Civil Technician**  
Part-time Certificate
- Construction Management**  
Full-time Certificate or Degree or Diploma
- Design Drafting Technician**  
Part-time Advanced Diploma
- Drafting / CAD**  
Part-time Certificate
- Electrical Engineering Technology**  
Full-time Diploma
- Electronic Engineering Technology**  
Full-time Diploma
- Environmental Engineering Technology**  
Full-time Diploma
- Geomatics Technology**  
Full-time Diploma
- Instrumentation and Control Engineering Technology**  
Full-time Diploma
- Introduction to Electrical Engineering Technology**  
Full-time Certificate
- Manufacturing CAD**  
Full-time Certificate
- Mechanical Engineering Technology**  
Full-time Diploma
- Mechatronics** NEW  
Part-time Post-Graduate Diploma
- Municipal Engineering Technology**  
Full-time Diploma
- Structural Engineering Technology**  
Full-time Diploma

**INFORMATION TECHNOLOGY:**

- Application Development and Delivery** NEW  
Full-time Diploma
- Business Analyst**  
Part-time Certificate
- Cisco Networks CCNA**  
Part-time Certificate
- Computer and Network Support**  
Part-time Certificate
- Computer Applications**  
Part-time Certificate
- Data Science and Machine Learning** NEW  
Full-time Diploma
- Full Stack Web Development** NEW  
Part- or Full-time Certificate or Diploma
- Information Security**  
Full-time Advanced Diploma
- IT Operations** NEW  
Full-time Diploma
- Network Services Technician**  
Full-time Certificate
- Project Leadership**  
Part-time Advanced Certificate
- Project Management**  
Part-time Certificate
- Software Development**  
Part-time Certificate

**HEALTH SCIENCES PROGRAMS:**

- Dental Assisting**  
Full-time Certificate
- Diagnostic Cardiac Sonography - Echocardiography**  
Full-time Advanced Diploma
- Diagnostic Medical Sonography - Ultrasound**  
Full-time Advanced Diploma
- Health Care Aide**  
Part- or Full-time Certificate
- Health Care Aide and Health Unit Clerk (International)**  
Full-time Certificate
- Health Information Management**  
Full-time Diploma
- Health Services Leadership and Management**  
Part-time Certificate
- Health Unit Clerk**  
Part- or Full-time Certificate
- Medical Device Reprocessing Technician**  
Part- or Full-time Certificate
- Medical Laboratory Sciences**  
Full-time Advanced Diploma
- Medical Radiologic Technology**  
Full-time Advanced Diploma
- MRI and Spectroscopy**  
Full-time Advanced Diploma
- Nurse Prescriber Reproductive Health/STBBI** NEW  
Part-time Post-Graduate Certificate
- Nurse Prescriber Travel Health** NEW  
Part-time Post-Graduate Certificate
- Nurse Re-Entry** NEW  
Full-time Post-Graduate Certificate
- Nursing**  
Full-time Degree
- Nursing - Licensed Practical Nurse to BN Pathway**  
Full-time Degree
- Occupational Health and Safety**  
Part- or Full-time Certificate
- Paramedicine - Advanced Care**  
Full-time Post-Graduate Diploma
- Paramedicine - Primary Care Paramedic**  
Full-time Diploma
- Pharmaceutical and Food Manufacturing**  
Full-time Certificate
- Science Laboratory Technology**  
Full-time Diploma
- Veterinary Technology**  
Full-time Diploma

**SKILLED TRADES:**

- Cabinetry and Woodworking**  
Full-time Certificate
- Carpentry**  
Full-time Certificate
- CNC Machining and Advanced Technology**  
Full-time Diploma
- CNC Machinist Technician**  
Full-time Certificate
- Electrical**  
Full-time Certificate
- Industrial Electrical Maintenance**  
Part-time Certificate
- Industrial Supervision**  
Part-time Certificate
- Introduction to Food Manufacturing**  
Full-time Certificate
- Plumbing**  
Full-time Certificate
- Power Engineering Technology (3rd Class)**  
Full-time Diploma
- Power Engineering Technology (4th Class)**  
Full-time Certificate
- Power Engineering Technology (5th Class)**  
Full-time Certificate
- Quality Systems Management and Applications**  
Part-time Certificate
- Refrigeration and Air Conditioning Technician**  
Full-time Certificate
- Small Motor Mechanics**  
Part-time Statement of Achievement
- Welding**  
Full-time Certificate



## Entrance Requirements

- Most programs require Grade 12 Math and English
- Each program has its own **program-specific admission requirements** that often need to be completed before or within 30 days of applying—be sure to double check what’s required BEFORE applying.
- **Requirements could include immunizations, criminal record checks, child abuse registry checks, volunteer or community service hours, a pre-requisite university level course** (i.e. Nursing requires that you have completed an Anatomy and Physiology course).
- You will be required to submit a transcript which includes confirmation of enrolment in grade 12 prerequisite subjects
- Be mindful of English Language requirements.

Visit the **Red River College Polytech** at [Future Students : RRC Polytech](#) for more information on programs, application process and other student supports.

· **Virtual Viewbook:** [RRC Polytech’s Viewbook : RRC Polytech: Student Recruitment](#) / **Instagram:** @rrcpolytech

· **Tours, Info Sessions, & Videos:** [Future Student Events : RRC Polytech: Future Student Events](#)

- **INDIGENOUS STUDENT SUPPORTS:** [Indigenous Student Supports and Community Relations : RRC Polytech: Indigenous Education](#)

**How to Apply—Full time programs: Winnipeg & Regional Campuses** [How to Apply : RRC Polytech](#)

Application for admission may be made online or by in-person submission of an application form. As part of the application you are required to submit the following:

- ◆ A non-refundable application fee of \$119 for each application (International Students \$155)
- ◆ Official transcripts of your complete academic record
- ◆ Proof that you meet any of the other program requirements (different for each program)
- ◆ May be required to provide proof of Canadian Citizenship or Landed Immigrant status, or English Language Proficiency—[English Language Requirements \(ELR\) :: RRC Polytech Program & Course Catalogue](#) at the time of application.
- ◆ **\*Application Deadlines vary! Apply early—programs fill up quickly!\***



# Université de Saint-Boniface

## Entrance Requirements

- 5 credits at the S, G or U levels in Grade 12
- Anyone who is admitted to USB for the first time must take the [profil linguistique](#) placement test prior to registration. This consists of an online grammar exercise that will direct you to the first-year French course that best meets your needs. THIS IS NOT AN ADMISSION TEST! [Profil linguistique en français - Université de Saint-Boniface \(ustboniface.ca\)](#)
- Check out the viewbook for pertinent information and all programs available: [brochure.pdf \(ustboniface.ca\)](#)
- **Advanced Placement:** credits can be transferred for certain subjects if the student received a final grade of 4 or higher. Please be sure to submit your official College Board transcript to the Registrar's Office before September 1st so that USB can assess the equivalencies for the AP courses that you have passed. USB will notify you by email of the credits that are eligible for transfer. You may choose to accept or decline the offer to transfer credit.
- Online application will open in early November (\$100 fee). Once you have applied, check your status in the portal.
- A few program highlights:
  - \*\*\*Education—become a teacher!
  - \*\*\*Nursing—become a nurse !(direct entry unlike the U of M and RRC Polytech)!
  - \*\*\*Translation—become a translator!
  - \*\*\*Reserved spaces to become a Lawyer or Doctor (no LSAT or MCAT required!)

## Would You Like to Become a Lawyer or Study Law?

USB can provide you with the best path to get there, and you can do it all in French!

USB has a total of 10 spaces reserved in the Common Law programs at the University of Ottawa and at the Université de Moncton in French for graduates from its Bachelor of Arts or Bachelor of Science programs. Assessment is application-based, and the LSAT is not required for admission!

### Why is USB a good springboard for a legal career?

- No LSAT required.
- It increases your chances of being admitted to limited-enrolment law programs.
- Our small classes provide you with the support and attention that you need to develop your skills and succeed.
- Our professors know their students well, which means they can write more personalised letters of recommendation, strengthening students' applications.
- Opportunity to do internships in French in your community, right here in Manitoba.

### Admissions

The first step is to [apply for admission](#) (in French only) to a three-year Bachelor of Arts (General) or Bachelor of Science (General) degree.





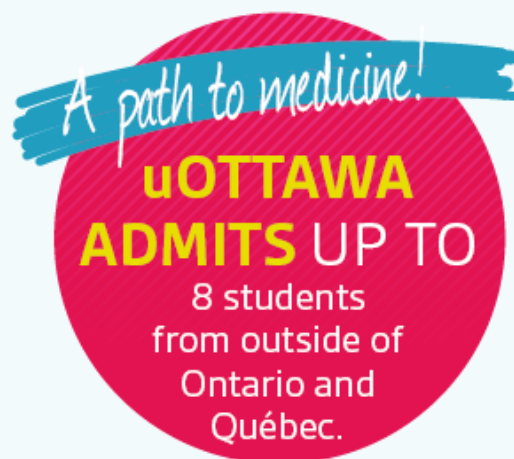
# Université de Saint-Boniface

## Would You Like to Become a Doctor or Study Medicine?

USB can provide you with the best path to get there, and you can do it all in French!\*

Thanks to a partnership with CNFS, there are 8 spaces reserved at the University of Ottawa for French-speaking students from provinces and territories outside of Ontario and Quebec who would like to study medicine in French. Graduates from the Université de Saint-Boniface with a bachelor's degree (typically in Science, but also in the Arts, Social Work or Business Administration) are well positioned to secure these spaces. With medicine being such a competitive field, these spaces increase students' chances of realizing their dream. Assessment is application-based and candidates are not required to write the MCAT.

CNFS also provides financial support to students for travel to Ottawa and during clinical placements with bilingual family physicians in Manitoba.



## Why is USB a good springboard to pursue medical studies?

- No MCAT required.
- It increases your chances of being admitted to limited-enrolment programs in medicine.
- Our small classes provide you with the support and attention that you need to develop your skills and succeed.
- Our professors know their students well, which means they can write more personalized letters of recommendation, strengthening your application.
- Opportunity to do clinical rotations in French in your community, right here in Manitoba.

## Admissions

The first step is to [apply for admission](#) (in French only) to one of our 3- or 4-year undergraduate programs.

\*Medical studies are only available to Canadian citizens.

# Exigences d'admission

## CONDITIONS GÉNÉRALES D'ADMISSION :

Les candidats et candidates du Manitoba doivent avoir obtenu un diplôme d'études secondaires avec un minimum de 5 crédits au niveau S, C ou U de la 12e année pour être admis à l'Université de Saint-Boniface. Les exigences spécifiques à chaque programme d'études sont indiquées dans le tableau ci-dessous.

Les candidats et candidates des autres provinces et territoires canadiens peuvent consulter les équivalences des cours de la 12e année du Manitoba en ligne : [usborne.ca/au/bresprov](http://usborne.ca/au/bresprov)

PROGRAMME	DURÉE MINIMALE	DATE LIMITE	EXIGENCES ACADÉMIQUES	AUTRES EXIGENCES	ENTRÉE DIRECTE	STAGES PRATIQUES
Administration des affaires	4 ans	1 <sup>er</sup> juillet 1 <sup>er</sup> décembre	Une moyenne minimale de 85 % aux cours suivants avec un minimum de 60 % dans chaque cours : • Français 405 • Préalcul 405 (recommandé pour subsidiaire aux prélatibés) ou Mathématiques appliquées 405 • Un autre cours 405 (autre qu'en français ou en mathématiques)	—	✓	✓ (volet coop)
Arts	3 ans	1 <sup>er</sup> juillet	Une moyenne minimale de 85 % aux cours suivants avec un minimum de 60 % dans chaque cours : • Français 405 • Deux autres cours 405	—	✓	—
Baccalauréat des arts général (voir la liste complète des moyennes et mineures à la page 12)	4 ans	1 <sup>er</sup> juillet	Une moyenne minimale de 85 % aux cours suivants avec un minimum de 60 % dans chaque cours : • Français 405 • Deux autres cours 405	—	✓	—
Baccalauréat des arts avec double spécialisation en histoire et études interculturelles ou leadership interculturel en psychologie	4 ans	1 <sup>er</sup> juillet	Une moyenne cumulative minimale de 3,0 aux cours suivis pendant la première année universitaire (UI ou autre)	24 crédits universitaires (inclus dans le total des 120 crédits exigés pour l'obtention du baccalauréat)	—	—
Baccalauréat des arts avancé en psychologie	4 ans	15 mai	Une moyenne cumulative minimale de 3,5 aux cours suivis pendant les deux premières années universitaires	60 crédits universitaires (inclus dans le total des 120 crédits exigés pour l'obtention du baccalauréat)	—	—
Baccalauréat des arts spécialisé en psychologie	4 ans	15 mai	Une moyenne cumulative minimale de 3,5 à l'ensemble des cours de psychologie suivis pendant les deux premières années universitaires	60 crédits universitaires (inclus dans le total des 120 crédits exigés pour l'obtention du baccalauréat)	—	—
Maîtrise des arts en études canadiennes et interculturelles (par internet)	Variable	1 <sup>er</sup> juin 1 <sup>er</sup> octobre 1 <sup>er</sup> février	Une moyenne cumulative minimale de 3,0 pour les 60 crédits d'études universitaires les plus récentes	Baccalauréat de 4 ans ou 120 crédits universitaires	—	—
Baccalauréat en éducation	2 ans	1 <sup>er</sup> février	Une moyenne cumulative minimale de 2,5 aux 60 derniers crédits d'études universitaires du profil académique	Un 1 <sup>er</sup> baccalauréat avec au moins 90 crédits et de quatre matières en éducation • 2 ans d'expérience en enseignement	—	✓
Diplôme de post-baccalauréat en éducation	Variable	1 <sup>er</sup> juillet 1 <sup>er</sup> décembre	Une moyenne cumulative minimale de 2,0 au baccalauréat en éducation	—	—	—
Maîtrise en éducation	Variable	1 <sup>er</sup> juin 1 <sup>er</sup> octobre 1 <sup>er</sup> février	Une moyenne cumulative minimale de 3,0 aux 60 derniers crédits de cours universitaires	• Baccalauréat de 4 ans ou l'équivalent • 2 ans d'expérience en enseignement ou une expérience jugée pertinente	—	✓
Sciences	3 ans	1 <sup>er</sup> juillet	Une moyenne minimale de 85 % aux cours suivants avec un minimum de 60 % dans chaque cours : • Français 405 • Préalcul 405 (recommandé pour subsidiaire aux prélatibés) ou Mathématiques appliquées 405 • Un autre cours 405 en sciences N.B. Les cours de biologie et chimie ou physique sont fortement recommandés pour subsidiaire aux prélatibés.	—	✓	—
Baccalauréat des sciences général (disciplines : biologie, chimie, mathématiques, météorologie)	4 ans	1 <sup>er</sup> juillet	Une moyenne cumulative minimale de 2,0 aux cours suivis pendant la première année universitaire (UI ou autre)	30 crédits universitaires (inclus dans le total des 120 crédits exigés pour l'obtention du baccalauréat)	—	✓ (volet coop)
Baccalauréat des sciences avec majeure conjointe en biochimie et microbiologie	4 ans	1 <sup>er</sup> juillet 1 <sup>er</sup> décembre	Une moyenne cumulative minimale de 3,0 aux cours suivis pendant la première année universitaire (UI ou autre)	• 30 crédits universitaires (inclus dans le total des 120 crédits exigés pour l'obtention du baccalauréat) • Examen d'admission de l'École de traduction	—	—
Baccalauréat des arts spécialisé en traduction (par internet)	Variable	1 <sup>er</sup> juillet 1 <sup>er</sup> décembre	Diplôme d'études postsecondaires	Examen d'admission de l'École de traduction	✓	—
Certificat de traduction juridique (par internet)	Variable	1 <sup>er</sup> juillet 1 <sup>er</sup> décembre	Diplôme d'études postsecondaires	Examen d'admission de l'École de traduction	✓	—



Pour plus d'informations sur nos programmes, voir  
[uabon.fce.ca/programmes-details](https://uabon.fce.ca/programmes-details)



Programme	Diplôme	Durée	Date	Pré-requis	Conditions d'admission	Notes
Travail social	Baccalauréat en travail social	4 ans	1 <sup>er</sup> mars	Une moyenne cumulative minimale de 2,5 aux cours suivis pendant la première année universitaire (U1 ou autre)	<ul style="list-style-type: none"> <li>• 30 crédits universitaires (inclus dans le total des 120 crédits exigés pour l'obtention du baccalauréat)</li> <li>• Dossier de candidature</li> </ul>	✓
Université 1	U1 – première année universitaire	1 an	1 <sup>er</sup> juillet 1 <sup>er</sup> décembre	Une moyenne minimale de 70 % aux 3 cours suivants : <ul style="list-style-type: none"> <li>• Français 405 avec un minimum de 60 %</li> <li>• 2 autres cours 405</li> </ul>	–	✓
*Une admission conditionnelle pourra être offerte aux personnes qui ont une moyenne minimale inférieure à 70% et/ou qui n'ont pas réussi français 405, les données seront évaluées au par cas. Certaines restrictions d'inscription et des exigences d'admission s'appliquent également dans le cas d'admission conditionnelle à l'Université 1. Du soutien et des services académiques supplémentaires seront offerts.						
Affaires et gestion	Diplôme en administration des affaires avec double spécialisation Marketing/Multimédia	2 ans 3 ans	1 <sup>er</sup> juillet	Détenir un diplôme d'études secondaires et avoir réussi les cours suivants : <ul style="list-style-type: none"> <li>• Français 405</li> <li>• Anglais 405</li> <li>• Mathématiques 405 (au quotidien, appliqué, ou précalcul)</li> </ul>	–	✓
	Diplôme en gestion du tourisme	2 ans	1 <sup>er</sup> juillet	Détenir un diplôme d'études secondaires et avoir réussi les cours suivants : <ul style="list-style-type: none"> <li>• Français 405</li> <li>• Anglais 405</li> <li>• Mathématiques 405 (au quotidien, appliqué, ou précalcul)</li> </ul>	–	✓
Auxiliaire d'enseignement	Certificat d'auviliare d'enseignement	1 an	1 <sup>er</sup> juillet	Détenir un diplôme d'études secondaires. Les cours suivants sont fortement recommandés : <ul style="list-style-type: none"> <li>• Français 405</li> <li>• Anglais 405</li> </ul>	–	✓
Jeune enfance	Diplôme en éducation de la jeune enfance (EE I)	2 ans	1 <sup>er</sup> juillet	Détenir un diplôme d'études secondaires et avoir réussi les cours suivants : <ul style="list-style-type: none"> <li>• Français 405</li> <li>• Anglais 405</li> </ul>	–	✓
	Diplôme en éducation de la jeune enfance – milieu de travail (EE II)	2 ans	1 <sup>er</sup> juillet	Détenir un diplôme d'études secondaires. Les cours suivants sont fortement recommandés : <ul style="list-style-type: none"> <li>• Français 405</li> <li>• Anglais 405</li> </ul>	<ul style="list-style-type: none"> <li>• Occuper un poste à temps plein dans un service de garde autorisé par la Province du Manitoba et avoir un minimum de 1 an d'expérience de travail à temps plein dans un service de garde autorisé.</li> <li>• Lettre d'attestation de son ou de ses employeurs recommandés.</li> </ul>	✓
Sciences infirmières et études de la santé	Baccalauréat en gestion dans le domaine de la jeune enfance (EE II)	Variable	1 <sup>er</sup> juillet	Détenir une classification d'éducateur ou éducatrice de la jeune enfance (EJEI) de la province du Manitoba	–	✓
	Baccalauréat en sciences infirmières	4 ans	1 <sup>er</sup> mars	Une moyenne minimale de 70 % au diplôme d'études secondaires avec : <ul style="list-style-type: none"> <li>• Un minimum de 65% dans un cours de sciences 405 (cours de biologie et chimie sont fortement recommandés)</li> <li>• Un minimum de 60% dans chacun des cours suivants : Français 405, Anglais 405 et Mathématiques appliquées ou Précalcul 405</li> </ul>	Le titre de motivation	✓
	Diplôme en sciences infirmières avancées	2 ans	1 <sup>er</sup> avril	Une moyenne minimale de 70 % au diplôme d'études secondaires avec : <ul style="list-style-type: none"> <li>• Un minimum de 65 % dans un cours de sciences 405 (cours de biologie et chimie sont fortement recommandés)</li> <li>• Un minimum de 60 % dans chacun des cours suivants : Français 405, Anglais 405 et Mathématiques appliquées ou Précalcul 405</li> </ul>	Le titre de motivation	✓
	Certificat d'aide en soins de santé	5 mois	1 <sup>er</sup> juillet	Détenir un diplôme d'études secondaires et avoir réussi les cours suivants : <ul style="list-style-type: none"> <li>• Français 405 ou 406</li> <li>• Anglais 405</li> </ul>	–	✓
Techologies	Diplôme en communication multimédia avec concentration en administration des affaires	2 ans 3 ans	1 <sup>er</sup> juillet	Détenir un diplôme d'études secondaires et avoir réussi les cours suivants : <ul style="list-style-type: none"> <li>• Français 405</li> <li>• Anglais 405</li> <li>• Mathématiques 405 (au quotidien, appliqué, ou précalcul)</li> </ul>	<ul style="list-style-type: none"> <li>• Lettre de motivation</li> <li>• Exemples de réalisations personnelles (portfolio)</li> </ul>	✓
	Diplôme en technologies de l'information	2 ans	1 <sup>er</sup> juillet	Détenir un diplôme d'études secondaires et avoir réussi les cours suivants : <ul style="list-style-type: none"> <li>• Français 405</li> <li>• Anglais 405</li> <li>• Mathématiques appliquées 405 ou Précalcul 405</li> </ul>	–	✓

# Dates importantes

## EN PRÉPARATION À LA SESSION D'AUTOMNE 2025



### OCTOBRE

- Commence ta découverte de l'USB!
- Visites guidées personnalisées disponibles sur demande tout au long de l'année



### NOVEMBRE

- Ouverture du portail d'admission (accès à la demande d'admission en ligne)
- Viens nous voir lors de notre événement **Portes ouvertes!**



### FÉVRIER

- Passe une journée sur le campus pendant notre événement **Étudiant d'un jour** (pour les 11<sup>e</sup> et 12<sup>e</sup> années)



### MARS

- **1<sup>er</sup> mars** : date limite pour déposer une demande d'admission
  - ▶ pour l'admissibilité automatique aux bourses d'admission (élèves d'écoles secondaires)
  - ▶ au **baccalauréat en sciences infirmières**
  - ▶ au **baccalauréat en travail social**



### AVRIL

- **1<sup>er</sup> avril** : date limite pour déposer une demande d'admission au **diplôme en sciences infirmières auxiliaires**



### MAI

- L'USB envoie les offres de bourses d'admission aux élèves d'écoles secondaires



### JUIN

- Préparation pour l'inscription aux cours et rencontres avec le personnel du Service d'orientation de l'USB



### JUILLET / AOUT

- **1<sup>er</sup> juillet** : date limite pour déposer une demande d'admission à tout autre programme de l'USB
- Inscription aux cours



### SEPTEMBRE

- Rentrée et début des cours
- **30 septembre** : date limite pour déposer une demande de bourse d'études de la langue minoritaire officielle



**1818**

L'année de la fondation de l'USB



**14 min**

Le temps nécessaire pour se rendre de l'USB à la Fourche



**20**

La taille moyenne d'une classe



**31**

Le nombre de programmes d'études offerts à l'USB



**1 400**

La population étudiante de l'USB



**1,95 lb**

Le poids d'une poutine au Café rencontre (la cafétéria de l'USB)

L'USB est la plus grande université francophone dans l'Ouest canadien.

# CMU Programs

Bachelor of Arts	Other available minors:	Pre-Professional Studies
<ul style="list-style-type: none"> <li>• Arts and Science</li> <li>• Biblical and Theological Studies</li> <li>• Business and Organizational Administration</li> <li>• Christian Ministry</li> <li>• Communications and Media</li> <li>• Communications and English</li> <li>• English</li> <li>• Environmental Studies</li> <li>• Geography</li> <li>• History</li> <li>• Humanities</li> <li>• Interdisciplinary Studies</li> <li>• International Development Studies</li> <li>• Mathematics</li> <li>• Music</li> <li>• Peace and Conflict Transformation Studies</li> <li>• Philosophy</li> <li>• Political Studies</li> <li>• Psychology</li> <li>• Social Science</li> </ul>	<ul style="list-style-type: none"> <li>• Applied Mathematics</li> <li>• Biology</li> <li>• Economics</li> <li>• Sociology</li> </ul>	<p><i>A year or more of study at CMU can help you complete the required courses for admission into professional programs not currently offered at CMU.</i></p> <ul style="list-style-type: none"> <li>• Agribusiness</li> <li>• Agriculture</li> <li>• Dental Hygiene</li> <li>• Dentistry</li> <li>• Education</li> <li>• Kinesiology</li> <li>• Law</li> <li>• Medical Lab Sciences</li> <li>• Medicine</li> <li>• Nursing</li> <li>• Occupational Therapy</li> <li>• Pharmacy</li> <li>• Physical Education</li> <li>• Physical Therapy</li> <li>• Respiratory Therapy</li> <li>• Veterinary Medicine</li> </ul>
	<p><b>Bachelor of Social Work</b></p>	
	<p><b>Bachelor of Music</b> <b>Bachelor of Music Therapy</b></p>	
	<p><b>Bachelor of Science</b></p> <ul style="list-style-type: none"> <li>• Biology</li> <li>• General Science</li> <li>• Mathematics</li> </ul>	
	<p><b>Bachelor of Business Administration</b></p> <ul style="list-style-type: none"> <li>• Accounting</li> <li>• Business Management</li> <li>• Human Resource Management</li> <li>• Not-for-Profit Management</li> <li>• Social Entrepreneurship</li> </ul>	
	<p><b>Graduate Studies</b></p>	
	<ul style="list-style-type: none"> <li>• Master of Divinity</li> <li>• Master of Arts in Theological Studies</li> <li>• Master of Arts in Christian Ministry</li> <li>• Master of Arts in Spiritual Care</li> </ul>	<ul style="list-style-type: none"> <li>• Master of Arts in Peacebuilding and Collaborative Development</li> <li>• Master of Business Administration</li> <li>• Graduate Certificate in Christian Studies</li> </ul>



## Entrance Requirements:

**Graduation from high school with five full credit 40-level courses.**

**Average of no less than 70% across these three courses:**

- English 40S (minimum grade of 60%)
- Math 40S
- One course from our List of Academic Courses

**Two additional courses:**

- Any 40S, G, or U Course
- Any 40S, G, U, or C Course

\*To view our List of Academic Courses, visit [cmu.ca/requirements](http://cmu.ca/requirements).



**25**

Average first year class size

**Professors know you**



**Over 40**

Faith communities represented

Faith and relationships matter (and you don't have to be Mennonite)



## Program-specific Prerequisites

In addition to English, the following programs require specific prerequisite courses for admission.

Degree	Required Courses
<b>Bachelor of Arts in Arts and Sciences</b>	BIO 40S CHEM 40S MATH 40S (Applied or Pre-Calculus)
<b>Bachelor of Arts in Business (3-Year or 4-Year)</b>	MATH 40S (Applied or Pre-Calculus)
<b>Bachelor of Arts in Environmental Studies</b>	BIO 40S CHEM 40S MATH 40S (Applied or Pre-Calculus)
<b>Bachelor of Arts in Math (3-Year)</b>	Pre-Calculus 40S (minimum grade of 60%)
<b>Bachelor of Arts in Math (4-Year)</b>	Pre-Calculus 40S (minimum grade of 60%) PHYS 40S
<b>Bachelor of Business Administration</b>	Pre-Calculus 40S (minimum grade of 60%)
<b>Bachelor of Music</b>	Successful Audition into the School of Music Successful Completion of Music Theory Placement Exam
<b>Bachelor of Music Therapy (After Degree)</b>	Bachelor of Music Degree (minimum GPA of 2.5) PSYC 1010 and PSYC 1020 Successful Interview Testing of Competencies in Keyboard, Guitar, Percussion, and Voice Audition for the Music Therapy Program
<b>Bachelor of Science</b>	Three of: BIO 40S, CHEM 40S, PHYS 40S, Pre-Calculus 40S (minimum grade of 70%)
<b>Bachelor of Social Work</b>	27 university level credit hours (minimum GPA of 2.5, and minimum grade of C in each course). SWRK 1000, PSYC 1010, PSYC 1020, and either INDS 1050 or HIST 2040

## How to Apply



**1**

**Fill out an application online: [cmu.ca/apply](http://cmu.ca/apply)**

\* We require an application fee of \$80 for domestic students and \$150 for international students. If you are a domestic student and you attend a campus visit event, you can apply to CMU for free! That's an \$80 savings!

**Fall Application Deadline:** August 25 (domestic students) or May 1 (international students)

**Winter Application Deadline:** December 15 (domestic students) or August 10 (international students)



**2**

**Where am I in the process?**

Log in to your application portal to view your admission status, submit outstanding documents, explore your financial aid options, and more.



**3**

**Apply for CMU Scholarships by February 28.**

Check out all our financial aid opportunities at [cmu.ca/financialaid](http://cmu.ca/financialaid).

**13%**

**of CMU's Manitoba students identify as First Nations, Inuit, or Métis**

## Advanced Placement (AP) – Transfer Credit Information

	<b>U of M</b> <a href="http://www.umt.ca/transfer-credit-information-1-explore-um-1-university-of-manitoba-umanitoba.ca">Transfer credit information   Explore UM   University of Manitoba (umanitoba.ca)</a>  <a href="http://www.umt.ca/ap-and-ib-approved-courses-for-credit.pdf">ap-and-ib-approved-courses-for-credit.pdf (umanitoba.ca)</a>	<b>U of W</b> <a href="http://www.uwinnipeg.ca/ap-ib-info-2023.pdf">ap-ib-info-2023.pdf (uwinipeg.ca)</a>  Advanced Placement (AP) and International Baccalaureate (IB) Information   Future Student   The University of Winnipeg (uwinnipeg.ca)	<b>USB</b> <a href="http://ustboniface.ca/advanced-placement-universite-de-saint-boniface">Advanced Placement - Université de Saint-Boniface (ustboniface.ca)</a>	<b>CMU</b> <a href="http://cmu.ca/recommendation-regarding-transfer-credit-for-international-baccalaureate-courses">Recommendation regarding Transfer Credit for International Baccalaureate Courses (cmu.ca)</a>
<b>AP MARKS</b> 5 and exam mark of 95%  5 4 3	A+ A B No credit	A+ A B+ B	A B No credit	A B No credit
<b>Calculus AB 42S</b> 3 credit hours at university	MATH 1230 Differential Calculus (3) OR Math 1510 Applied Calc 1 (3)	MATH-1103/3 Introduction to Calculus 1 *MINIMUM mark of 4 on AP exam	MATH 1501 (3): Introduction au calcul OR MATH 1510 (3): Applied Calculus 1	MATH-1020/3 Introduction to Calculus
<b>Biology 42S</b> 6 credit hours at university	BIOL 1020 Bioprinciples (3) & BIOL 1030 Biodiversity (3)	BIOL-1115/3 Cells and Cellular Process & BIOL-1116/3 Evolution, Ecology and Biodiversity *MINIMUM mark of 4 on AP exam  NOTE: Students must have standing in Pre-Calculus or Applied Math 40S and Chemistry 40S to continue into upper level Biology Courses	BIOL 1021 (3): Biologie 1: Thèmes et principes & BIOL 1031 (3): Biologie II: Diversité biologique, fonction et interaction	BIOL-1331/3 & 1341/3 Non-lab Biology 1 and 2
<b>Chemistry 42S</b> 6 credit hours at university	CHEM 1100 Introductory Chemistry 1 (3) & CHEM 1110 Introductory Chemistry 2 (3) & CHEM 112L Chemical Techniques (0)	CHEM-111/3 Introduction to Chemical Properties of Matter & CHEM-1112/3 Basic Principles of Chemical Reactivity *MINIMUM mark of 4 on AP exam  NOTE: Students must have standing in Pre-Calculus or Applied Math 40S to continue into upper level Chemistry Courses	CHEM 1301 (3): Université   Chimie: La structure et la modélisation chimique & CHEM 1311 (3): Université   Chimie: Une introduction à la chimie physique	CHEM-1010/3 & 1020/3 Chemistry 1 and 2
<b>Physics 1 42S</b> 3 credit hours at university	PHYS 1020 Gen Physics 1 (3)	PHYS-1101/3 Foundations of Physics 1	PHYS 1021 (3): Physique générale I	PHYS-0100-3 cr unallocated Physics
<b>English Literature &amp; Composition 42S</b> 6 credit hours at university	ENGL 1200 Rep Lit Works (6)	ENGL-1001/6 English 1 *MINIMUM mark of 4 on AP exam	ENGL 1201 (6): Representative Literary Works	ENGL 1010/3 and 1020/3 English Literature 1 & 2

**Note** that acceptance of these credits is not compulsory, nor a given. For most institutions, you must indicate your intention to claim these credits by completing a form.

# English Language Proficiency Requirements

## -Applies to NEWCOMER and INTERNATIONAL Students-

If English is not your first language, you may be required by the post-secondary institutions to provide proof of English language proficiency. This could involve successfully passing and attaining a certain mark on a test such as DUOLINGO, TOEFL, IELTS, or CanTEST (fees apply). Alternatively, you may also qualify for a waiver or be from an “English Exempt Country”. Check each institution’s website for details.



### Example of Waivers:

- **Three years of full-time study** in English in a Canadian high school
- **U of M:** Grade 12 English 40S with a minimum of 75%
- **U of W:** Grade 12 English 40S with a minimum grade of 70%
- **RRC:** Two Grade 12 English 40S classes with a minimum average of 75%

### Example of English Exempt Countries (NB: May vary per institution):

#### English Exempt Countries

<b>A</b>	Anguilla, Antigua, Australia, Austria
<b>B</b>	Bahamas, Barbados, Barbuda, Belgium, Bermuda, Belize, Botswana, British Solomon Island, British West Indies
<b>C</b>	Canada, Cayman Islands, Channel Islands, Christmas Islands, Cook Island
<b>D</b>	Denmark, Dominica
<b>E</b>	Ellice Island, England, Eire
<b>F</b>	Faeroe Island, Falkland Island, Fiji Island, Finland
<b>G</b>	Gambia, Germany, Ghana, Gibraltar, Gilbert Island, Grenada, Guam, Guyana
<b>I</b>	Ireland, Island of Man
<b>J</b>	Jamaica
<b>K</b>	Kenya, Kiribati
<b>L</b>	Leeward Islands, Lesotho, Luxembourg
<b>M</b>	Malta, Malawi, Mauritius
<b>N</b>	Namibia, Netherlands, New Caledonia, New Hebrides, New Zealand, Nigeria, Norfolk Island, Northern Ireland, Norway
<b>P</b>	Pitcairn Islands
<b>S</b>	Scotland, Sierra Leone, Singapore, South Africa, St. Kitts, St. Lucia, St. Vincent, Swaziland, Sweden, Switzerland
<b>T</b>	Tanzania, Trinidad and Tobago, Turks & Caicos Island
<b>U</b>	Uganda, United Kingdom, United States of America
<b>V</b>	Virgin Islands (U.K. and U.S.A)
<b>W</b>	Wake-Midway Island, Wales, Windward Islands
<b>Z</b>	Zimbabwe, Zambia

# International Student Support Programs

**University of Manitoba:** [International Centre](#) | [University of Manitoba](#)

- **International Student Admissions:** [International admissions](#) | [University of Manitoba](#)
- **Tuition Fees:**  
[Tuition and financial supports](#) | [Explore UM](#) | [University of Manitoba](#)
- **Housing:** [Explore our spaces – student residences](#) | [University of Manitoba](#)
- **Transition Program:**  
International College of Manitoba— Your Pathway to the University of Manitoba  
[International College of Manitoba \(ICM\)](#)
- **International Student Awards:** [International student awards](#) | [University of Manitoba](#)
- **Supports:** (204) 474-8501 or Email: [international@umanitoba.ca](mailto:international@umanitoba.ca)

## Virtual Open House for International Students

UM's Virtual Open House is an online event intended for international students pursuing undergraduate studies. Learn about our programs, services and the supports that will help you achieve success.

Wednesday, January 15, 2025

7:00 a.m. – 12:00 p.m. (Central Standard Time – check local time zone)

Online event

Chat live with UM representatives and watch presentations from anywhere in the world on your computer, phone or tablet.

**University of Winnipeg:** [International](#) | [Future Student](#) | [The University of Winnipeg](#)

- **Tuition Fees Per Course for International Students:**  
[2024/25 Tuition and Course related fees](#) | [Fees](#) | [The University of Winnipeg](#)
- **Housing:** [Campus Living Home](#) | [Campus Living](#) | [The University of Winnipeg](#)
- **Immigrant and Refugee Student Services (IRSS):** [Home](#) | [IRSS](#) | [The University of Winnipeg](#)
- **Supports:** (204) 258-2910 or Email: [iirss@uwinnipeg.ca](mailto:iirss@uwinnipeg.ca) **Support Guide:** [iirss-student-support-guide.pdf](#)

## Red River College

Find any information you may need here:

[International Students : International Education at RRC Polytech](#)



# Indigenous Student Supports

## Self-Declaration

Are you an Indigenous student looking to further your education?

If so, these programs may be for you!

Declaring your Indigenous status allows us to send you information and opportunity listings you might not hear about otherwise.

**Red River College:** [Indigenous Student Supports and Community Relations : RRC Polytech: Indigenous Education](#)

- Various supports: Elders-in-Residence, Advising, Navigation Coaches, Counselling, Awards, Bursaries and Scholarships, Employment Services, etc.
- Various full and part-time programs: [Indigenous Education Programs : RRC Polytech: Program Explorer](#)

### College Transition

Full-time Certificate

### Culinary Skills (Indigenous)

Full-time Certificate

### Introduction to Trades

Full-time Certificate

### Pathway to Business, Creative Communications and Digital Technology Programs

Full-time Statement of Achievement

### Pathway to Engineering Technology Programs

Full-time Statement of Achievement

### Pathway to Health Programs

Full-time Statement of Achievement

### Pathway to Information Technology Programs **NEW**

Full-time Statement of Achievement

### Social Innovation and Community Development

Full-time Certificate or Diploma

**University of Winnipeg:** [Home](#) | [ISSC](#) | [The University of Winnipeg](#)

- Various supports: Indigenous Student Association, Indigenous Student Lounge, Elders in Residence, Ceremonies, Academic Advising, Transition Year Program (application and registration assistance, orientation, peer mentors), Academic, Career, Liaison, Support Services, daily smudge and medicines
- Red River Metis Inclusion Coordinator: Candice Allard, [Candice.allard@mmf.mb.ca](mailto:Candice.allard@mmf.mb.ca) (workshops, MMF citizenship application, funding, etc.)

**University of Manitoba:** [Indigenous](#) | [University of Manitoba](#)

- [Student supports](#): Elders and Knowledge Keepers, Qualico Bridge to Success program (transition to university), Indigenous Circle of Empowerment, Bison Spirit Indigenous Leadership Program, etc.
- Access Program— offered by Extended Education, this program provides you with a support network that helps you to forge your way towards a successful future.
- Engineering Access Program (ENGAP), Mahkwa Omushki Kiim: Pathway to Indigenous Nursing Education (PINE), Indigenous Business Education Partners (IBEP), Northern & Inner City Social Work Access Program (21 years or older), Academic Support Program—Faculty of Law, Ongomiizwin Education - supporting Indigenous students in the health profession, Wawatay (science degree and research opportunities)
- Red River Metis Inclusion Coordinator: Jessica Burzuik, [j.burzuik@mmf.mb.ca](mailto:j.burzuik@mmf.mb.ca) (workshops, MMF citizenship application, funding, etc.)



# Supports for Students with Disabilities (physical, learning, mental health, chronic illness, etc.)



## Transitioning from High School to Post-Secondary

- Post-Secondary institutions recognize the impact of a **Learning Disability** on academic achievement and retention.
- Students are often reluctant to disclose a disability and have limited knowledge of strategies and supports.
- Accessing support in the following areas are often essential to success:

Future planning	Technical skills	Self-management	Disability management
Time management	Peer/social support	Internships	

- Challenges may include:

Self-advocacy	Time management	Organization	Note Taking
Text book reading	Memory skills	Test/exam prep	Anxiety

## Managing your Disability—High School vs. Post-Secondary:

HIGH SCHOOL	POST-SECONDARY
School identifies LD	Self identifies LD
School writes AEP	Student must provide documentation (I.e. doctor's note, psycho-educational assessment, etc.)
School Communicates to teachers	Students must communicate to faculty
Structured days	Personal freedom
Family involvement	Self-advocacy
Work towards success, flexible requirements	Success not guaranteed, must meet requirements

## Accommodations Available at the Post-Secondary Level

NOTE: The goal is to **remove barriers** from fully participating in educational opportunities and **level the playing field** without lowering academic standards.

\*NOTE: Accommodations need to not result in substantial change to the essential elements of the curriculum or how it is provided, need to not involve substantial cost, and need to not pose a risk to others.

Flexible course delivery/assessment (test/exam accommodations)	Note taking/scribes (computer, software, peer), ASL interpreters	Recording lectures
Tutoring support	Assisted technology (i.e. text to speech, immersive reader)	Reserved seating
Alternate format (i.e. large print)	Advocacy support	Ergonomic equipment
Oral exams	Extra time	Distraction free space (must be pre-booked)

## Supports for Students with Disabilities cont...

### To Access Accommodations:

#### 1. Register for Student Accessibility Services (online)

- the earlier the better, E.g., by May or June of the year prior to entering post-secondary
- fill in online form and identify accommodations required.
- provide required documentation.
- diagnosis remains confidential.
- NOTE: Proof of high-school accommodations (E.g., AEP) is not required, but may be helpful.
- Contact Information:

[Accessibility for students | University of Manitoba](#)

[Home | Accessibility Services | The University of Winnipeg](#)

[RRC Polytech: Accessibility for Students](#)

[Accessibility Services - Université de Saint-Boniface](#)

#### 2. Meet with Student Accessibility Services-SAS

(summer of the year prior to start date)

- Will get official notification letter.
- An accommodation plan will be sent to faculty.
- Training for adaptive technology
- Accessible classroom tours



#### 3. Provide required documentation:

##### —> ACCOMMODATIONS—LEARNING DISABILITY:

- Will need a **Psycho-educational assessment** that supports conclusion of a learning disability and identifies limitations.

##### WHERE TO ACCESS A PSYCHO-EDUCATIONAL ASSESSMENT:

Red Ladder ([Red Ladder Optimized Learning | Psychoeducational Assessment](#)), MATC, Doctor, Private Psychologist (Note: this process can take up to a year+, so it is recommended you begin the process early)

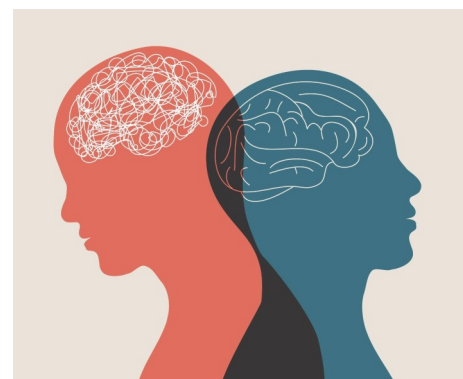
- Must be current within 5 years (**NOTE**- If Disability is long-standing and will not change, a new assessment may not be needed.)
- ADHD and Autism **do not** require a psycho-educational assessment, a Dr.'s note is sufficient.

##### —> ACCOMMODATIONS—MENTAL HEALTH:

- Documentation needed (E.g., Dr.'s note)
- Will be required to fill in a medical questionnaire.

##### —> ACCOMMODATIONS—DEAF/HARD of HEARING:

- Documentation needed (E.g., Audiogram with accommodations listed or Dr.'s note)



## Supports for Students with Disabilities cont...



### Funding Supports:

#### 1. Apply for EAPD (Employability Assistance for People living with a Disability)

- Assistance with planning for and accessing supports and training for vocational goals
- May cover some disability related education expenses, transportation, equipment and supported employment
- Learning disabilities, autism, math and reading disorders, ADHD and mental health disorders (E.g. depression, eating disorders, sleep disorders, trauma, anxiety) are eligible to apply.
- Disability must be substantiated by a registered psychologist within 5 years.

[Province of Manitoba | wd - Employability Assistance for People with Disabilities](#)

[EAPD@gov.mb.ca](mailto:EAPD@gov.mb.ca) (204)945-0575

#### 2. Apply for Canada Student Grant for Students with Disabilities (CSG-D)

- fixed amount/year loan (e.g., in 2023 was \$4000/year)
- non-repayable
- funding goes towards tuition and living costs
- NOTE:- ADHD does not qualify for a Canada Student Loan Grant

• [Canada Student Grant for Students with Permanent Disabilities - Canada.ca](#)

#### 3. Apply for Canada Student Grant for Services and Equipment (CSG-DSE) - if applicable

- will offset exceptional educational costs related to disability up to \$20,000 (E.g., tutoring, scribes, software, technology)
- need to provide receipts, pay back whatever portion of loan was not used
- \*may be eligible to be reimbursed for a Psychoeducational Assessment (approximate cost \$3500) if the assessment identifies a Learning Disability. ADHD does not qualify for a re-imbusement.

• [Canada Student Grant for services and equipment for students with permanent disabilities - Canada.ca](#)

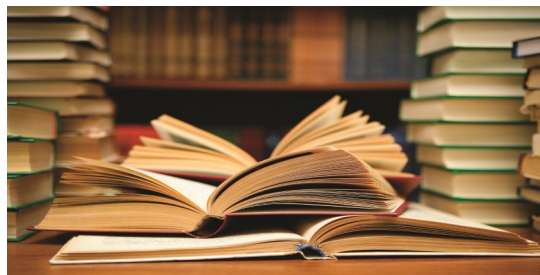




# THINKING OF GOING TO UNIVERSITY

## Out of Province?

- Check admission requirements and deadlines early!
- Many universities require out-of-province students to apply earlier than local students, so don't miss out!
- Remember that on average, going to university in another province will cost students \$10,000-\$20,000 more per year. Some people wait until their Master's degree (after Bachelors Degree) to study out of province.
- If you are applying to the [University of British Columbia](#): Applicants must fill out a personal profile which outlines their community involvement.
- If you are applying to any universities in **Ontario** (including Toronto, York, Waterloo, Western Ontario, McMaster, and Laurentian):
  - ⇒ Applications must go through the Ontario Universities Application Centre ([OUAC](#)) using form number 105.
- Many math and science-based programs will require applicants to take Advanced Math Calculus in addition to Pre-Calculus Mathematics. **Check the admission requirements for your program of choice early!**
- If you are applying to any universities in **Alberta**: Many require applicants to take a 40s Global Issues or Social Studies course. Check the admission requirements for your program of choice.
- If you are applying to university in the **United States** you will need to write the [SATs](#) early in your Grade 12 year in order to meet admission deadlines. There are [SAT Prep classes](#) you can sign up for to help you prepare.





## Other

## Post-Secondary Options\*

*\*Programs subject to change (check the institution's webpage for the most up-to-date information)*

Consult this [AMAZING TRANSITIONAL POST-SECONDARY GUIDE](#) for some cool programs to check out!



MANITOBA INSTITUTE OF TRADES AND TECHNOLOGY



BOOTH UNIVERSITY COLLEGE

ROBERTSON COLLEGE



LOUIS RIEL VOCATIONAL COLLEGE

Knowledge • Culture • Heritage



THE SALON PROFESSIONAL ACADEMY

# Specialized Training:

## Colleges, Trade Schools, & Distance Education



Do you want to fast-track your career?

Do you want to practice a hands-on trade?

Do you want to work full-time while training for a new career?

Then these programs are for you!

In specialized training programs, all areas of study are directly related to the career for which you are training.



### Colleges and Trade Schools in Manitoba:

- Red River College
- Manitoba Institute of Technology and Trades
- Assiniboine Community College
- Université de St Boniface (College)
- Robertson College
- Herzing College
- CDI College
- Booth College/University
- Louis Riel Arts & Technology Institute
- Tec-Voc Post-High Programs
- RB Russell Post-High Programs
- Sisler Create Program
- Academy of Learning
- Academy of Broadcasting
- Aveda Institute
- The Salon Professional Academy of Winnipeg
- Wellington College of Massage Therapy
- MC College
- PrairieView School of Photography
- Mid-Ocean Academy of Media Arts
- The Southern Manitoba Academy for Response Training (SMART)
- Northwest Law Enforcement Academy
- Criti Care Paramedic and Fire Training Academy
- Manitoba Emergency Services College
- Yellowquill College
- Seven Oaks CVE

### Continuing and Distance Education Programs:

- University of Manitoba
- University of Winnipeg PACE
- Red River College
- Campus Manitoba Distance Education
- PCDI Canada
- Adult Education Centres
- Online distance education programs are offered by universities and colleges throughout Canada

### Before you choose a program, consider:

- Program Length: Programs can range from a few weeks to two years in length
- Program Cost: Depends on the length and institute. Private institutes charge more.
- Co-op/work Experience placements: Can lead to full-time employment.
- Accreditation/Employment Opportunity: Does the certificate or diploma you plan to obtain allow you to work in Manitoba?

# Aerospace Manufacturing and Maintenance Orientation Program (AMMOP)



AMMOP is a **FREE** training program offered at Tec-Voc Vocational High School to transition to employment and post-secondary opportunities in the Manitoba Aerospace Industry.

Students must have completed Grade 12 and be competent in Math, Science and English. An entrance test will be completed in May with applicants followed by reference checks and an interview. Contact Tec Voc High School at (204) 786-1401, or visit for brochure and application process: [Aerospace Manufacturing and Maintenance Orientation Program \(AMMOP\)](#)



## Employment Opportunities

Students who successfully complete the program, may begin careers in the Aerospace Industry, or continue their studies in various fields:

- gas turbine technologist
- aircraft maintenance engineer
- aviation machinist
- non-destructive tester

### Apprenticeship Trades:

- aircraft maintenance journeyperson

### Post-Secondary Training Institution

- RRC/Stevenson Aviation & Aerospace Training - Winnipeg
- Stevenson Aviation Technical Training - Southport
- University of Manitoba - Mechanical Engineering, Aerospace Major



## OPEN HOUSE

Wednesday, April 23, 2025

Presentation 6PM

Do you want a career in **Animation, Film, Game Design, VFX, 3D or other digital media**? Are you a high school graduate under the age of 21? Your pathway starts here! Register for **Sisler CREATE's** post-high program!!



This program provides students with hands on, experiential training and learning opportunities in the creative industries. The program creates education and career pathways for students by preparing them for the workforce, facilitating internships, connecting them with the industry and initiating post-secondary scholarship opportunities.

### Students study the following areas:

- Animation
- Game Design & Virtual Reality
- Film and Visual Effects

- 3D Modeling
- Graphic Design & Photography.

**Spots are limited!** Apply Early (applications open in October/November)

1. Complete Online form: [Post High Program – Sisler High School's CREATE Program](#)

2. They will set you up with an interview to go through your **portfolio**, application and questions.

3. **Questions?** 204-589-8321 ext. 504



The [Cooperative Vocational Education \(CVE\) Program](#) is an excellent way to explore a career, not just a job. Twelve trades are offered, each one linked to Post-Secondary Education, and Nationally and Provincially recognized.

Cost for Non-Seven Oaks School Division Residents:

- Non-Graduate—Under 21—FREE
- Graduates—Under 21, 21 & Over, and Non-Graduates 21 & Over = \$750
- **NOTE:** Preference will be given first to Seven Oaks School Division students, then residents of Seven Oaks School Division and then to out-of-division residents.
- [Brochure](#)
- [Registration details:](#) typically opens in December

## Where the community becomes the classroom



**automotive trades & technology**  
Maples Collegiate  
1330 Jefferson Avenue  
Winnipeg, Manitoba R2P 1L3  
Phone: (204) 632-6641



**aviation trades & technology**  
Maples Collegiate  
1330 Jefferson Avenue  
Winnipeg, Manitoba R2P 1L3  
Phone: (204) 632-6641



**building trades**  
Maples Collegiate  
1330 Jefferson Avenue  
Winnipeg, Manitoba R2P 1L3  
Phone: (204) 632-6641  
Classroom located at  
1985 Grassmere Road,  
Learning & Service Centre



**culinary arts**  
Maples Collegiate  
1330 Jefferson Avenue  
Winnipeg, Manitoba R2P 1L3  
Phone: (204) 632-6641



**early childhood education**  
Seven Oaks Adult  
Learning Centre  
950 Jefferson Avenue  
Winnipeg, Manitoba R2P 1W1  
Phone: (204) 632-1716



**electrical trades & technology**  
Maples Collegiate  
1330 Jefferson Avenue  
Winnipeg, Manitoba R2P 1L3  
Phone: (204) 632-6641  
Classroom located at  
225 McPhillips Street  
IBEW Code of Excellence Training Centre



**health care aide**  
Maples Collegiate  
1330 Jefferson Avenue  
Winnipeg, Manitoba R2P 1L3  
Phone: (204) 632-6641



**heavy construction**  
Adult Education Centre  
1747 Main Street  
Winnipeg, Manitoba R2V 1Z6  
Phone: (204) 589-9852



**hospitality services**  
Maples Collegiate  
1330 Jefferson Avenue  
Winnipeg, Manitoba R2P 1L3  
Phone: (204) 632-6641



**performing arts production & industry**  
Maples Collegiate  
1330 Jefferson Avenue  
Winnipeg, Manitoba R2P 1L3  
Phone: (204) 632-6641  
Classroom located at  
1<sup>st</sup> Floor 321 McDermot Avenue



**plumbing & pipe trades**  
Maples Collegiate  
1330 Jefferson Avenue  
Winnipeg, Manitoba R2P 1L3  
Phone: (204) 632-6641  
Classroom located at  
20 Dunlop Avenue Piping  
Industry Technical College




**refrigeration & air conditioning**  
Maples Collegiate  
1330 Jefferson Avenue  
Winnipeg, Manitoba R2P 1L3  
Phone: (204) 632-6641  
Classroom located at  
20 Dunlop Avenue Piping  
Industry Technical College

45

PROGRAM	ACTUAL DURATION	INTAKE	WORK PRACTICUM	POTENTIAL CREDENTIALS	Requirements Grade 11 compulsory courses must be completed. Completion of a Career Ready application form, presentation of a certified transcript of marks, cover letter, reference letter and resume, participation in an orientation.
<b>Automotive Trades &amp; Technology</b>	1 year (10 months of study)	September	30-34 weeks	Apprenticeship Accredited Level 1 available	
<b>Aviation Trades &amp; Technology</b>	1 year (10 months of study)	September	20 weeks	Apprenticeship Accredited Level 1 available, WHMIS training	Math 30S and/or 40S mark of 70% is recommended (applied or pre-cal), English 30S and/or 40S mark of 70% is recommended
<b>Building Trades</b>	1 year (10 months of study)	September	Two months each semester	First Aid and CPR certification, Harness training and fall protection, WHMIS training	
<b>Culinary Arts</b>	1 year (10 months of study)	September	28 weeks	Food Handler certificate, Manitoba Best, WHMIS training	
<b>Early Childhood Education</b>	1 year (10 months of study)	September	Six practicum blocks that consist of 12 days each block	First term of the Red River College Early Childhood Education program, WEVAS certificate, First Aid and CPR certification, CCA classification, WHMIS training and Nonviolent Crisis Intervention training	Current Child Abuse Registry and Criminal Background Check
<b>Electrical Trades &amp; Technology</b>	1 year (10 months of study)	September		Level 1 Apprenticeship equivalent for students achieving a final grade of 70% or greater (includes 900 hours towards required hours for Level 1), First Aid and CPR certification, WHMIS training Possibility for membership in the International Brotherhood of Electrical Workers	Math 30S and/or 40S mark of 70% is recommended (applied, pre-cal or physics), must be 21 and under
<b>Health Care Aide</b>	1 year (10 months of study)	September	Four different practicums, seven weeks in duration	Red River College Health Care Aide certificate, Non-Violent Crisis intervention certificate, Heart and Stroke Foundation Cardiopulmonary Resuscitation certificate, PIECES (dementia care) certificate, WHMIS training	Completion of physical examination and up-to-date immunization records, Current Child Abuse Registry and Adult Abuse Registry and Criminal Record Check including vulnerable sector search
<b>Heavy Construction</b>	1 year (10 months of study)	September	26-28 weeks	First Aid and CPR certification, WHMIS training, soft skills employment, HD diesel/equipment technician, surveyor, welder, equipment operator	
<b>Hospitality Services</b>	1 year (10 months of study)	September	28 weeks	Manitoba Best, Smart Choices, Emerit Certification, WHMIS training	
<b>Performing Arts Production &amp; Industry</b>	1 year (10 months of study)	September	22-24 weeks	Technical sound, lighting, front and back of house production, First Aid and CPR certification, WHMIS training	
<b>Plumbing &amp; Pipe Trades</b>	1 year (10 months of study)	September	Two months each semester	Apprenticeship Accredited Level 1 available, WHMIS training, Harness training and fall protection	
<b>Refrigeration &amp; Air Conditioning</b>	1 year (10 months of study)	September	Two months each semester	Manitoba Ozone Protection Industry Association certification, First Aid and CPR certification, Harness training and fall protection, Scissor lift training, WHMIS training, Job site hazard training	Math 30S and/or 40S mark of 70% is recommended (physics and/or applied/pre-cal), English 30S and/or 40S mark of 70% is recommended

Tuition: A registration fee may apply. For more information, visit [www.7oaks.org/Programs/CareerReady](http://www.7oaks.org/Programs/CareerReady)

For more information or to register contact:



**Seven Oaks Adult Learning Centre**  
 950 Jefferson Avenue  
 Winnipeg, Manitoba R2P 1W1  
 (204) 632-1716

# Youth Recreation Activity Worker Program

A joint initiative of RRC Polytech and BGC Winnipeg



## Interested in a Career in Child and Youth Work?

The YRAW program is a full-time, 9-month RRC Polytech certificate program that provides skills and training to deliver positive recreational opportunities for children and youth. Students gain life and academic experience to be mentors, facilitators and role models in their communities.

The program is 30 hrs/week from **September - May**, which includes 300 hrs of hands-on work experience. Credits in this program are fully transferable towards the two-year Child and Youth Care Diploma at RRC Polytech.

Fees, tuition and books are fully covered, and students also receive a bi-weekly participant incentive based on their attendance.

## \*You must be:

- Between the ages of 18 and 29
- Available to attend full-time classes, Monday-Friday from 9:00am-4:00pm, with practicum placements 2 evenings per week
- Willing to obtain a criminal record and child abuse registry check
- Have excellent communication and interpersonal skills
- Attend an information session

## Information Sessions

Information sessions (you must attend one in order to apply) typically take place in May and June, with final application being the end of June/beginning of July. You must register for an information session by emailing the contact below.

- BGC info: [Youth Recreation Activity Worker Program | BGC Winnipeg](#)
- RRC info: [Youth Recreation Activity Worker Program : RRC Polytech: Corporate Solutions](#)

For more information,  
contact us at  
**randy.wagner@bgcwinnipeg.ca**

Visit our website at  
**www.bgcwinnipeg.ca**

Funding Provided by:



RRC POLYTECH



Manitoba



**HEALTH**

- Medical Clinical Unit Clerk
- Health Care Aide
- Medical Laboratory Assistant
- Medical Terminology
- Pharmacy Assistant
- Pharmacy Technician
- Professional Communication for Healthcare Professionals

**BUSINESS**

- Accounting & Payroll Administrator
- Administrative Assistant
- Dental Office Administrator
- Legal Assistant

- Medical Office Assistant
- Veterinary Office Assistant
- Digital Marketing
- Accounting Technician
- Logistics & Supply Chain Management
- Business Administration
- Records & Information Management Technician

**COMMUNITY SERVICE**

- Child Development 1
- Community Support Worker
- Early Childhood Educator
- Educational Assistant
- Recreation Program Leader or Coordinator
- Therapeutic Recreation Facilitator

**TECHNOLOGY**

- AI Fundamentals for Professionals
- Business Intelligence
- Computer Support Technician
- Cyber & Cloud Security
- Data Analyst
- Ethical Hacking
- Full Stack Web Developer
- Intro to Data Analysis
- Intro to IT
- Microsoft Office Applications
- Computer Support Technician
- Network Security Technician
- Full Stack Web Developer
- Network Systems Administrator

**ART & DESIGN**

- Graphic Design

**BUSINESS**

- Accounting & Payroll Administrator
- Human Resources and Payroll Coordinator
- Business & Digital Marketing
- Office Assistant
- Social Media Marketing
- Supply Chain Management
- Warehouse and Distribution Management

**HEALTHCARE**

- Addictions & Community Services Worker
- Health Care Aide
- Medical Office Assistant
- Rehabilitation Therapy Assistant

**TEACHING EDUCATION PROGRAM**

- Education Assistant

**LEGAL**

- Legal Administrative Assistant

**TECHNOLOGY**

- Mobile Applications Development
- Network & Internet Security Specialist
- Network Administrator
- User Interface (UI) & User Experience (UX) Design
- Web & Mobile Applications Development
- Web Development

**DENTAL**

- Intra Oral Dental Assistant



## BUSINESS

Accounting & Payroll Administration  
 Administrative assistant  
 Business Administration  
 International Commerce  
 Occupational Health & Safety  
 Supply Chain Management & Logistics

## DESIGN

2D Animation  
 3D Animation  
 Building Design Technician

Computer Graphic Design  
 Industrial Drafting  
 Interior Decoration and Visual Display  
 Interior Design  
 Sustainable Architecture

## HEALTHCARE

Community Support Worker  
 Health Care Aide  
 Medical Laboratory Assistant  
 Medical Office Assistant  
 Personal Support Worker

## LEGAL

Legal Assistant

## MEDIA

Broadcasting & Media Communications

## TECHNOLOGY

Computer Networking Technology  
 Cybersecurity  
 Software Development

## SKILLED TRADES

**Pre-Apprenticeship**—Electrician, Plumbing, Heating & Ventilation

**Construction Training Programs**— Construction Management, Gas Technician, Network Cabling Technician



### MANITOBA INSTITUTE OF TRADES AND TECHNOLOGY

#### APPLIED BUSINESS

- Applied Leadership
- Business Administrative Assistant
- Business Management
- Client Service Specialist
- Entrepreneurship & Business Innovation
- Global Supply Chain Management
- Human Resources Learning & Development
- International Business
- Sales & Event Coordinator

#### HEALTHCARE

- Pharmacy Technician
- Health Care Aide & Personal Support Worker
- Medical Office Assistant
- Medical Office & Patient Care
- Rehabilitation Assistant

#### HUMAN SERVICES

- Early Childhood Education Diploma
- Hospitality Management
- Hotel & Hospitality Services

#### SKILLED TRADES & DESIGN & MANUFACTURING

- Automotive Service Technician
- Culinary Arts & Design
- Carpentry
- Electrical Applications
- Hairstyling
- Industrial Mechanic/Millwright
- Industrial Welding
- CAD Technician
- Electronic Technician
- Graphic & Print Technician

#### POST-GRADUATE PROGRAMS

- Applied Leadership Post-Graduate Diploma
- Business Management Post-Graduate Certificate
- Global Supply Chain Management Post-Graduate Diploma
- Human Resources Learning & Development Post-Graduate Diploma
- International Business Post-Graduate Diploma



## [Urban Circle Training Centre Inc.](#)

Phone: 204-589-4433      Fax: 204-582-6439  
urbancircletraining.com  
519 Selkirk Avenue  
Winnipeg, MB R2W 2M6

### Who We Are:

At Urban Circle, our goal is to provide culturally appropriate education and training to First Nations, Métis, and Inuit women and men in Winnipeg.

Since 1991, we have offered certified programming that connects to both our cultural teachings and labour-market demands. At our Centre, students are provided with a sense of belonging and community, and we are committed to enriching the quality of their educational experience by providing them with opportunities for personal growth and success.

Attend an [INFO SESSION](#) to learn more!

### Programs:

#### **Adult Education and Employment**

- 10 month mature high school diploma
- focus on career development

#### **Apprenticeship Program**

- HVAC, building trades

#### **Family Support Worker**

- 11 month post-secondary program

#### **Educational Assistant Certificate Program**

- 10 month post-secondary program

#### **Healthcare Aide / Health Unit Clerk**

#### **Dual-Certificate Program**

- 10 months post-secondary program

### Student Supports:

Urban Circle's holistic model ensures that all students receive the supports they need to succeed. Each of our four programs has a full time counsellor/life skills coach who walk with students from the start of the program to graduation and beyond. Our wise and loving Elders are also available for guidance, counselling, cultural teachings, and support throughout your program. Whatever issues arise during your course of studies, you are not alone.

On-site childcare available. Urban Circle's Makoonsag Childcare Centre for 52 pre-school children and infants is right next door to Urban Circle and the program is based on our Elder's vision for intergenerational learning that is grounded in Indigenous knowledge.

# Thinking of a Future Career in Law Enforcement?

Consider getting involved in the following to prepare and build up your resume:

## Auxiliary Force (POLICE) Cadets

Auxiliary Cadets work throughout the city to enhance the Service's visual presence, build positive relationships in the community and allow police members to focus on core police duties.

A Cadet's daily activities vary and include:

- Conducting neighborhood foot patrol
- Guarding crime scenes
- Directing traffic
- Assisting in ground searches
- Enforcing provincial statutes and municipal by-laws
- Referring citizens to assisting agencies

At the time of application you must:

- Be 18 years of age.
- Canadian Citizen or Permanent Resident
- Canadian high school diploma or G.E.D.
- No involvement in criminal activity within two years
- No criminal record for which a Pardon has not been granted.
- Valid Class 5 Driver's License
- No more than four demerits on Driver's Abstract as assessed by the Winnipeg Police Service.
- Driver's Abstract must be dated within 30 days of application date.
- Must meet current Winnipeg Police Service vision and hearing standards
- A valid class 4.0 license - once successful in application process, but before an offer has been made.

For more information visit:

[Auxiliary Force Cadet | City of Winnipeg](#)



## Youth Military Cadet Programs

- Become active, responsible members of their communities and learn valuable life and work skills like teamwork, leadership, and citizenship
- Participate in training on a weekly basis during the regular school year for an average of one night a week.
- You are not part of the Canadian Forces, nor is there any expectation for them to join the military
- Focus on adventure training activities through active outdoor pursuits like expeditions, trekking, rock climbing, survival training, orientation and rappelling.
- Through this cadets gain valuable life skills, knowledge of themselves and an awareness of their environment
- Learn about army traditions and participate in a variety of national and international expeditions that focus on adventure training like white-water rafting, horseback riding and canoeing
- First year training teaches bushcraft, citizenship, drill, leadership, marksmanship, public speaking and map & compass. Later levels include first-aid and how to instruct others.
- Earn up to two high school credits (additional to the 30 required for graduation).

**Youth interested in joining must be 12-18**

For detailed information, contact your local unit directly or visit: [Join the Cadet Program - Canada.ca](#)



# Specialized Training

## Law Enforcement and Emergency Services



### The Canadian Armed Forces:

To apply to the Forces, you must:

- Be a Canadian Citizen.
- Be 17 years of age, with parental consent, or older, except:
- Regular Officer Training Plan – Junior applications must be 16 or older.
- Reserve Force - Applicants may be 16 years of age if they are also enrolled as a full-time high school student.
- Have completed at least Grade 10 (Certain entry programs and occupations require higher levels of education)

[Home | Canadian Armed Forces](#)

### Royal Canadian Air Force:

Reasons to consider joining the Air Reserve:

- Trade and technical training
- Development of valuable leadership skills
- Meaningful employment with the Air Force
- Excellent pay and benefits
- Subsidized education programs
- Opportunity to travel
- Satisfaction of serving your country

Visit: [Royal Canadian Air Force - Canada.ca](#)

to browse current openings and learn more

### Royal Canadian Navy:

New naval recruits sign up for training in one of many sea trades and are shown the ropes. As part of crew aboard one of the fleet's patrol frigates, support vessels, destroyers, coastal defence vessels and submarines, you will learn what it is to be a sailor. Become privy to the sailor's own sea language and the centuries-old traditions that have made seafarers proud to call the Navy home. Sail with your crew on operations and exercises that can take you down the coastline or across the world.

You will train in real-life situations with sailors from across the country and even around the world. In the Canadian Navy, from the moment you are recruited, bonds of friendship will be forged that often last a lifetime. You will be part of a naval community where members find a warm welcome and familiar faces across the country.

To find out more about jobs in the Navy, take a look under the [Naval Operations](#) Tab on:

[www.forces.ca/en/careers](http://www.forces.ca/en/careers)

### Royal Canadian Mounted Police:

- There is no other police force in Canada that provides the levels of services and variety offered by the RCMP. With over 150 specializations a career with the RCMP is full of opportunity for continued learning and growth.
- It should be noted that to work as a police officer in the RCMP you will be required to adhere to relocation assignments and may be exposed to violence, trauma and disturbing events. You will also be required to carry and at times operate a firearm.
- Other careers in the RCMP include Civilian employee careers, which can include 9-1-1 operating positions and other administrative support roles

For more information on careers in the RCMP and the application process visit:

[Careers | Royal Canadian Mounted Police](#)

**IMPORTANT:** Make sure to fully research the medical standards and fitness standards for each application process when considering a career in forces. Some of the fitness tests can be very challenging and may require training to pass!

# Specialized Training Continued....

## Law Enforcement and Emergency Services



### Firefighter:

#### Manitoba Emergency Services College

1601 VanHorne Avenue East, Brandon, Manitoba  
 Phone: (204) 726-6855  
 Toll Free: 1-888-253-1488

Email: [firecomm@gov.mb.ca](mailto:firecomm@gov.mb.ca)

[Manitoba Emergency Services College](#)

#### Southern Manitoba Academy of Response Training

Phone: (407) 212-5857

[S.M.A.R.T. - Home](#) Email: [Brad@smartfire.ca](mailto:Brad@smartfire.ca)

### Winnipeg Police Service:

The Winnipeg Police Service is not currently recruiting officers. Check the website frequently to see when their next intake is. You can always apply for the Auxiliary Force Cadet Program. When the Police force does hire a few openings are reserved for Cadets.

When applying for the Winnipeg Police Force they look at a number of things including physical, medical and psychological assessments, in-depth background checks, and educational background.

Education to prepare you for applying to the WPS:

- ◆ Study Law and Criminology at a University
- ◆ North West Law Enforcement Academy: [Welcome To Northwest Law Enforcement Academy! -](#)
- ◆ Note that no education/training/experience guarantees you a spot on the Winnipeg Police Service. It is a lengthy and competitive application process.

There are also Civilian Positions available including Cadets, Downtown Biz, 9-1-1 operator and other administrative support roles.

For more information on the journey to becoming a Winnipeg Police Officer contact recruitment:

[Hiring process | City of Winnipeg](#)

[Careers - Human Resources - City of Winnipeg](#)

**Paramedic:** (Note: Bio 40S, Chem 40S or Physics 40S + university coursework may be required before applying)

#### Criticare Inc.

106-386 Broadway Avenue, Winnipeg, Manitoba  
 Phone: (204) 989-3671

[Criti Care EMS - | Criti Care EMS](#)

Email: [info@criticareems.com](mailto:info@criticareems.com)

#### Manitoba Emergency Services Medical College

1601 VanHorne Avenue East, Brandon, Manitoba  
 Phone: (204) 726-6855  
 Toll Free: 1-888-253-1488

[Manitoba Emergency Services College](#)

#### Red River College Polytech:

2055 Notre Dame Avenue, Winnipeg, Manitoba  
 Phone: (204) 632-3960

[Paramedicine - Primary Care Paramedicine - Overview :: RRC](#)

### Swim Instructor/Lifeguard:

Must Possess: National Lifeguard Award (NLS-Core and Pool), Lifesaving and First Aid Instructor Certificate (LSI), Red Cross Water Safety Instructor Certificate (WSI), Standard First Aid Certificate/CPR C (St John Ambulance, Red Cross, Criti-Care or Aquatic Emergency Care), CPR Level Certificate (Must be renewed annually from date of issue), and up to date Criminal Record Check.

Look for openings: [Instructor Guard Recruitment Program - Working in recreation - City of Winnipeg](#)

[Work With Us | YMCA-YWCA of Winnipeg](#) , Indeed.ca and other search engines!

# Aviation Options



[Canadian Flight School | Commercial Pilot Training | Brandon Flight Centre](#) (204) 728-7691

## Courses Available:

- Recreational Pilot Permit
- Private Pilot License
- Night Rating
- Commercial Pilot License

## Harv's Air Pilot Training

[Home – Harv's Air](#) (204) 326-2434

## Courses Available:

- Modular Pilot Course
- Integrated Pilot Course
- Ground School Classes
- Co-Pilot Course
- Flight Camp



## Providence University College

[logical Seminary](#) (204) 433-7488

[Aviation - Providence University College and Theo-](#)

## Available Streams:

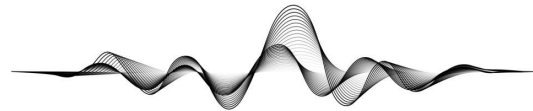
- 2 Year Diploma in Aviation
- 3 Year BA with Aviation Major
- 4 Year Advanced BA Aviation Major



# PROVIDENCE

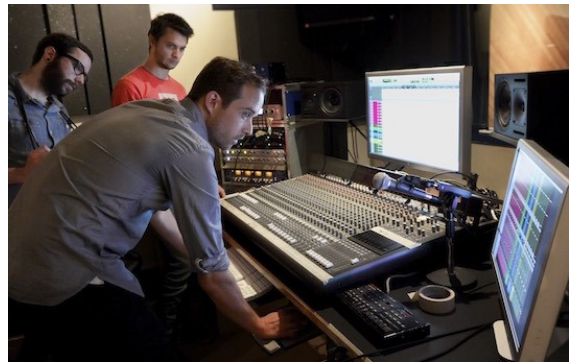
With a GPA of 3.48, Providence College requires you to be around average in your high school class. You'll need a mix of A's and B's, and very few C's. If you have a lower GPA, you can compensate with harder courses like AP or IB classes.

# Media Arts



MOSMA | Mid-Ocean School of Media Arts

- Full-Time Courses: Audio in Media
- Part-Time Courses: Mixing and Editing Techniques, Music Creation with Ableton, Music Production with Ableton, Studio Recording, etc.
- Career standard skillsets through hands-on training with small class sizes and individual attention
- Exposure to industry professionals through mentorships, lectures and workshops
- Strong relationships with local arts community

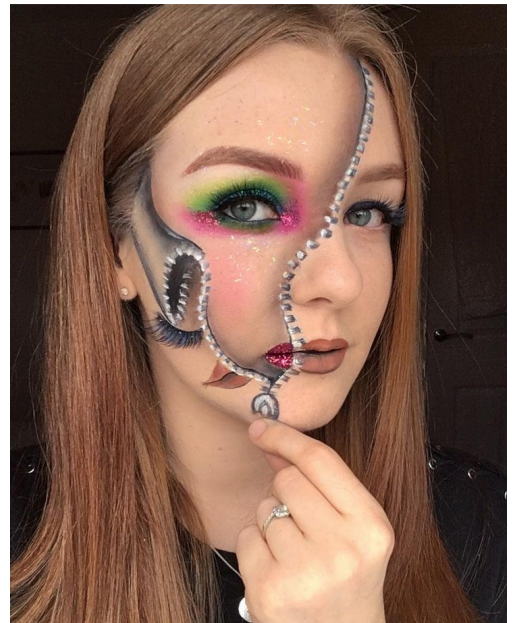


[MOSMA | Winnipeg's Audio Engineering Institute](#) 1588 Erin Street (204) 775-3308 [info@midoceanschool.ca](mailto:info@midoceanschool.ca)

# Interested in a career in hair, make-up, beauty ?

Check out (and compare) the following institutions!

- **Aveda Institute & Academy Salon Winnipeg** (276 Portage Avenue):  
[www.avedainstitutewinnipeg.ca](http://www.avedainstitutewinnipeg.ca)
- **The Canadian Beauty Academy** (260-1395 Ellice Avenue):  
[www.tcbawinnipeg.com](http://www.tcbawinnipeg.com)
- **MC College** (Hair, Esthetics, Fashion) (575 Wall Street):  
[www.mccollege.ca](http://www.mccollege.ca)



# Do You Need to Upgrade or Have You Aged Out of High School?



•Respect •Growth  
•Integrity •Communication

*Continue Your Education at the [McLeod Adult Learning Centre!](#)*

If you are looking to improve your literacy skills (i.e. EAL learners), to earn high school credits to graduate and/or to meet post-secondary requirements for university or college, the McLeod Adult Education Centre may be the right choice for you! The McLeod Adult Education Centre runs courses in two semesters, with courses being offered mornings, afternoons and evenings. You must be at least 18 years old to attend.

If you are a high school graduate, you can take up to four extra credits at no cost. After the fourth course, the fee is \$200/course.

Courses Offered	
<b>English</b> · English Foundations · English 20 · Comprehensive · Transactional	<b>Science</b> · Biology · Chemistry · Physics
<b>Humanities</b> · Cinema as a Witness to Modern History · Canadian Law · Life/Work Transitioning · Information and Communication Technology / Keyboarding	<b>Mathematics</b> · Math Foundations · Intro to Applied/Pre-Cal · Essentials · Applied · Precalculus



## CONTACT US

530 McLeod Avenue  
Winnipeg, MB  
R2K 0B5

Phone: 204-667-6193

Fax: 204-668-9309

Email: [adulsted@retsd.mb.ca](mailto:adulsted@retsd.mb.ca)



# Financial Aid And Supports



# Tuition and Budgeting

Preparing a budget is always a good idea. Refer to this guidebook to help you determine how you will pay for your schooling.

## Funding Sources

There are several strategies you can explore to pay for your education:

- ✓ **Personal Funds:** Your existing savings, investments, and gifts can contribute to your educational expenses.
- ✓ **Registered Savings Plans:** Check if your family is investing in a Registered Education Savings Plan (RESP) to support your education financially.
- ✓ **Employment:** Part-time and summer jobs provide an opportunity to save for your education gradually.
- ✓ **Bursaries and Scholarships:** Pursue bursaries and scholarships that you don't need to repay, giving you a head start on managing educational costs.
- ✓ **Community Organizations and Funding Programs:** Explore additional avenues such as community organizations, band funding, training, and employment services to supplement your financial resources.

EXPENSES (full-time course load)	ESTIMATED COST for University
Tuition & Fees	\$4,490—\$7,300 depending on program (yearly)
Dental Hygiene	\$26,000
Dentistry	\$27,000
Law	\$13,700
Medicine	\$12,500
	\$20,700
Fees, Books & Supplies	\$2300- \$2,500 (yearly)
Health Insurance (you can opt out if you provide prove of coverage with	\$500 (per term)
U-Pass (unlimited transit pass)	\$450 (yearly)
Total	\$7,740—\$10,750 +

U of M: [Tuition and fee estimates | University of Manitoba \(umanitoba.ca\)](#)

U of W: [2024/25 Tuition and Course related fees | Fees | The University of Winnipeg](#)

RRC Polytech: [Funding Your Education : RRC Polytech](#)

USB: [Fees - Université de Saint-Boniface](#)

# Seeking out Funding Opportunities



## WAYS TO PAY FOR SCHOOL

Post-secondary education can be more affordable than most students think. **There are numerous scholarships, bursaries, tuition waivers, and other sponsorship options available. However, students lose many funding opportunities because they simply do not apply!** The only way to become a successful applicant to available funding is to do your homework. Seek out available funding opportunities and apply to as many of them as possible. Also pay attention to the stated deadline dates, review what information and documentation you need, and apply early.

### These three terms all mean “free money”:

- **A Bursary** is usually given to a recipient based on demonstrated financial need and satisfactory academic progress.
- **A Scholarship** is given to a recipient primarily based on merit. This may include academic achievement, volunteering, or an essay.
- **An Award** usually involves multiple criteria such as academic achievement, demonstrated financial need, and community involvement.

### There are five basic sources of money for school:

- 1) **Sponsorship** (page 11) comes from an organization, such as a First Nation band, the Manitoba Metis Federation, or the Manitoba Government. Sponsorship may cover tuition, books and a living allowance, and does not have to be paid back. Some terms and conditions may apply such as maintaining certain grades and communicating course registration changes. It may vary according to student need, financial ability of the organization, and other criteria.
- 2) **Student Loans** can come from the government or a financial institution, however the loan money must be paid back. Government Loans, available through Manitoba Student Aid (page 14), no longer accrue interest while you are studying or in the “repayment” phase. This means that your loan’s principal balance is only what you owe, but you must begin paying it back six months after finishing your studies. In comparison, bank loans or lines of credit have to be paid back through a regular schedule (even before you finish studying) and often come with high interest rates.
- 3) **Internal Awards** are scholarships and bursaries that are only available to students at a particular post-secondary institution. To learn more, visit your school’s website and search financial aid and awards (page 29).
- 4) **External Awards** are awards that are available outside your post-secondary institution. These awards are specific to students, not to schools, although in some cases they will only be for students at certain schools. Look for external awards information at your financial aid office, on scholarship databases, and more.
- 5) **Part-time/summer employment:** Try and save at least 40% of each summer job paycheck towards school for the upcoming year. Open a bank account specifically for money for school and make a personal commitment not to use that money for other things. Save as much money as you can throughout the year before entering post-secondary. Once school starts, there may also be opportunities to work on campus, such as; student unions, housekeeping, catering services, teaching assistants, etc.

Source: Futures Forward Scholarship Guide 2024/2025

[2024-2025-Scholarship-Guide.pdf](#)

# SCHOLARSHIPS & BURSARIES

Where to find information on Awards, Bursaries & Scholarships:



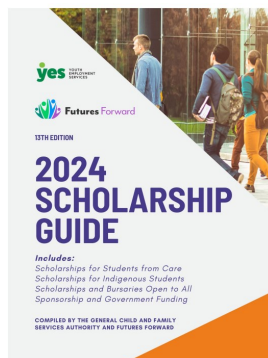
## -[CMMC Scholarship Blog](#)

- Be sure to complete your [CMMC Internal Scholarship Application](#) (Microsoft Form; you can submit at any point (even if not complete), and return to it to edit it) (see [list of internal scholarships](#) we offer) **(DEADLINE: March 1st, 2025)**

-Grade 12 Student Services Teams

-[Winnipeg School Division](#): (organized month by month and/or by category)

-[Futures Forward Scholarship Guide](#) (Scholarships for Students from Care, Indigenous Students, Sponsorship and Funding, and Scholarships and Bursaries for all)



Check out these scholarship search engines to see what you're eligible for!

- [Scholartree.ca](#)
- [ScholarshipsCanada.com](#)
- [StudentAwards.com](#)
- [Indigenous Bursaries Search Tool](#)
- [Indspire.ca](#)
- [canlearn.ca](#)
- [Univcan.ca](#)

## TIPS FOR SCHOLARSHIP SUCCESS

- **Be sure to check out the Awards and Financial Aid section of the institution of your choice's website and apply early!** Each University/College (i.e. MC College, MITT, Robertson College, etc.) generally offers their own scholarships, bursaries and awards.
- **Proofread anything you submit!** Always, always, always keep a copy of any essays or resume you submit. You can adapt them to apply for other awards. Ask to keep a virtual copy of your reference letters. If you hear back from an award, keep that letter whether you were successful or not.
- **Keep your grades up.** Many scholarships and bursaries require a minimum average of 70%. Some require an even more competitive average. The higher your grades, the higher your chances, so keep working hard!
- **Get involved.** Community and school involvement is important and it is never too late to start! Join clubs and committees, stay active in sports, lessons and activities, volunteer (see Volunteer page), work part-time (see Job Search page), organize a fundraiser-just keep busy!
- **Keep track of your involvements from Grades 9-12.** We suggest documenting this in a word document/chart which can be easily shared with your reference writers and referred to when applying to scholarships.
- **Don't reinvent the wheel.** Save your answers/essays you write for any scholarship applications. You may be able to reuse and edit these for other applications.
- **Prepare now.** Write a resume; think of who you can ask to be a reference. Prepare for common essay questions by listing your accomplishments, education and career goals, and challenges you have overcome.
- **Don't count yourself out!** Lots of money goes unclaimed every year because people haven't applied!

## 5 TIPS FOR A SUCCESSFUL SCHOLARSHIP APPLICATION



**GET PERSONAL**



**DON'T WAIT UNTIL THE LAST MINUTE**



**GIVE A LOT OF DETAILS**



**ASK PEOPLE TO PROOFREAD YOUR APPLICATION**



**COMPLETE YOUR APPLICATION BY THE DEADLINE**

## ETIQUETTE 101:

# Asking for a Reference Letter

During your life you are going to have to ask people for letters of references, whether for a job or scholarship or university application. Here are some tips for how to get the best letter possible.

- 1. Put thought into your choice of a reference.** Ask someone who you know, and ask someone who knows you. Employers and schools read hundreds of reference letters, most of which are filled with generic praise. Specific reference letters are more likely to get noticed and appreciated.
- 2. Ask early.** If at all possible, allow two-four weeks before the letter is due; people can get busy so make sure you give them as much time as possible. A hurried letter is not likely to be as thoughtful or enthusiastic as is a considered one.
- 3. Ask in person.** You're asking for a favour from someone, not ordering pizza.
- 4. Be prepared for the person to say 'no'.** This is not the likely scenario, but there are reasons why you might get the "no." The person may be too busy to give you adequate time, or perhaps they remember you as the person who was always late, and feel that you could get a stronger letter elsewhere.
- 5. Provide them with complete, written information about yourself and what you are applying for.** (Include your grad planning sheet!)
  - >**Information about yourself** would include your name, contact information, and at least a brief summary of your activities in areas such as academics and community involvement.
  - >**Information about the job/scholarship** would include things such as criteria, the focus of the scholarship [service, academic, etc.], **the name of the person or group to whom the letter should be addressed, and the deadline.** People need this information because they take the time to shape the letters for the particular audience. A letter that might work in one context will not be strong in another, and letters addressed "to whom it might concern" are seldom effective.
- 6. Say Thank You.** After the process is over, say thank you or send a thank-you note. This acknowledges the time that person spent and also paves the way for you should you need to ask for another letter down the road.
- 7. Let them know the result of your application.** This can be done informally, through a phone call or email, but you have now piqued that persons' interest, so you don't just want to disappear.





- [Financial Aid and Awards | University of Manitoba](#)
- [Leader of Tomorrow](#) and [Indigenous Leader of Tomorrow](#) Awards: **December 1st** deadline
- **General Entrance Scholarship\* CRITERIA:**
  - **Automatically considered if you apply by March 1st!**
  - Cannot be deferred, but you are still eligible if you take a gap year and then apply
  - International Students are also eligible for the same amount)
  - To be eligible, students must enroll in both the upcoming fall and winter terms, in a minimum of 24 credit hours.
  - A minimum **average of 85%** over **the best FIVE [ACADEMIC 40S courses](#)** from the following list of different\* subject areas →

### Scholarships

To be eligible for entrance scholarships, students must demonstrate a minimum 85% average over five 40S courses in different subject areas\*. For example:

- |  |                                       |                                 |
|--|---------------------------------------|---------------------------------|
| • Applied Math or Pre-Calculus Math      | • Any one other language              | • Any Indigenous Studies        |
| • Biology                                | • Family Studies or Foods & Nutrition | • Any Music                     |
| • Chemistry                              | • Geography                           | • Physics                       |
| • Computer Science                       | • Any History                         | • Visual Arts                   |
| • English (Anglais) or French (Français) |                                       | • World Issues or Global Issues |

\*With the exception of English (two English courses may be used), students must demonstrate excellence in five different subject areas.

Only courses highlighted in blue (page 2-3) determine which courses can be used for scholarship consideration.

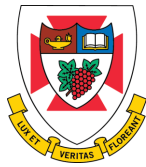
**\*\*\*Amount determined is based on second term interim marks (amount is not adjusted based on final grades):**

Level 1	95% and greater	\$3,000
Level 2	Average 90% - 94.9%	\$2,000
Level 3	Average 85% - 89.9%	\$1,000

Advanced Placement (AP) and International Baccalaureate (IB) Scholarship Enhancement

\$150-\$250

For each AP result of four and above, and each IB result of five and above on higher level papers (seven and above on standard level papers). To be held with any general entrance scholarship.



# Scholarships and Bursaries

[uwinnipeg.ca/awards](http://uwinnipeg.ca/awards)

## Entrance Awards and Scholarships

	Eligibility	Value	How to Apply
<b>Special Entrance Scholarships</b>	Recent high school graduates with admission grade average of 85% or higher	85-89.9% - \$1,100 90-94.9% - \$1,750 95-100% - \$2,250	Submit your admissions application before March 1
<b>Applied for Entrance Awards</b>	Variety of criteria such as community involvement, leadership experience, etc.	Varies	Submit your application and log in to the awards portal to apply by March 1
<b>IB Entrance Scholarship</b>	International Baccalaureate Diploma with 30+ points, with no grades below four	\$2,250	Automatic consideration
<b>AP Program Entrance Scholarship</b>	Achieve the Advanced Placement Scholar with Distinction	\$2,250	Automatic consideration
<b>AP Transfer Credit Scholarship</b>	Admitted directly from high school and transfer exam results toward undergraduate studies	\$250 for each AP exam result of 5 \$150 for each AP exam result of 4	Submit a Request to Transfer Credit form before October 31 of first year

### Special Entrance Scholarship\* Criteria: automatically considered if you **apply by March 1st!**

- A minimum **average of 85%** calculated over one **40S Math** credit, one **40S English** credit and one any other **40S subject**
- Conditional scholarship offer based on interim Grade 12 grades; final offer can go up or down based on final grades
- Can be deferred for one year **except** if entering into the Integrated Education Program (not eligible if you take a gap year and then apply)

**Internal Scholarship Application (due March 1st):** Online application—valued at \$100-\$48,000 [Applications | Awards | The University of Winnipeg](#)

Once enrolled, you can also apply for **In-COURSE AWARDS** (Oct 1, Feb 1, and June 1 deadlines): [Applications | Awards | The University of Winnipeg](#)



- [Awards, Scholarships and Bursaries : RRC Polytech](#)
- Offers various entrance and program-specific awards: [Awards, bursaries, and scholarships :: RRC Polytech Program & Course Catalogue](#)
- Many require that you have applied already and that you complete a General RRC General Award Application form: [RRCGeneralAwardApplication.pdf](#)



# Bourses d'entrée

Nous offrons un programme complet de bourses d'entrée. La plupart d'entre elles reposent sur l'excellence scolaire démontrée au cours de la dernière année du secondaire. Les élèves du secondaire qui déposent une demande d'admission à la session d'automne avant le 1<sup>er</sup> mars sont automatiquement admissibles à certaines bourses d'entrée.

Les bourses énumérées ci-dessous ne sont que quelques-unes des nombreuses bourses disponibles. Nous avons aussi des bourses de mérite et d'excellence, des bourses selon le besoin financier, des bourses sportives et culturelles, etc. Découvrez-les à [ustboniface.ca/bourses-dentree](http://ustboniface.ca/bourses-dentree).

## **Based on Interim marks in may**

\*If marks go down, scholarship will stay the same

\*If marks go up, scholarship will go up  
CAN BE DEFERRED for 1 year



## BOURSE D'ADMISSION

Moyenne*	Montant	Date limite
80 % à 84,9 %	1 000 \$	Admissibilité automatique des élèves du secondaire qui présentent une demande d'admission à l'USB au plus tard le <b>1<sup>er</sup> mars</b> .
85 % à 89,9 %	1 750 \$	
90 % à 94,9 %	2 500 \$	
95 % et plus	3 250 \$	

\* La moyenne est calculée à partir des notes obtenues dans les trois cours 40S suivants :

- Français 40S
- Mathématiques 40S (au quotidien, appliquées ou précalcul)
- Un autre cours de niveau 40S (celui pour laquelle la note est la plus élevée sera automatiquement utilisé)

## BOURSE ADVANCED PLACEMENT (AP)

Pour les élèves du secondaire ayant réussi un ou plusieurs cours du programme Advanced Placement et qui détiennent un diplôme d'une école secondaire du Canada.

Montant	Date limite
200 \$ par cours avec une note de passage de 4	Admissibilité automatique, aucune date limite.
250 \$ par cours avec une note de passage de 5	

## BOURSE D'ÉTUDES DE LA LANGUE MINORITAIRE OFFICIELLE (OFFERTE PAR LE GOUVERNEMENT DU MANITOBA)

Pour les personnes ayant la résidence manitobaine qui poursuivent leurs études postsecondaires à temps plein en français, la langue minoritaire officielle.

Montant	Date limite
500 \$ par année d'études (renouvelable)	Le formulaire de demande pour la bourse doit être soumis en ligne au plus tard le <b>30 septembre</b> de chaque année d'études.



## Nombre de bourses

75

## Montant de la bourse

3 000 \$

## Critères d'admissibilité généraux

- Être citoyen canadien ou résident permanent du Canada.
- Avoir l'anglais comme première langue officielle du Canada parlée.
- Avoir fait ses études secondaires dans un établissement anglophone, d'immersion française, à double voie ou de langue non officielle (c'est-à-dire, ni anglophone, ni francophone) et en être diplômé.
- Être inscrit à un programme d'études postsecondaires de l'USB dans sa seconde langue officielle du Canada, soit le français, pendant l'année 2024-2025.
- Être inscrit à un minimum de 24 crédits enseignés à l'USB dans un programme universitaire de premier cycle d'une durée minimale de deux ans ou à 80 % d'une charge de cours dans un programme collégial d'une durée minimale d'un an.

**DUE March 15th!**

This \$3000 bursary is in addition to any entrance scholarship you may receive!!



Visit [CMU Financial Aid](#) to learn more and to see which courses qualify for an entrance scholarship.

# Financial Aid



**CMU awards scholarships and bursaries to approximately 50% of the student body each year.** Scholarships range from \$1,000 to \$3,500 per year and are awarded based on academics and/or essay submissions. Bursaries range from \$500 to \$6,000 and are awarded based on financial need. See [cmu.ca/financialaid](http://cmu.ca/financialaid) for complete details, eligibility, and additional financial aid opportunities.

## Scholarships

### Academic Entrance Awards

CMU provides awards to all students with high academic entrance averages, recognizing the hard work it takes to achieve academic excellence.

- 85% to 89.9% - \$1,000
- 90% to 94.9% - \$2,000
- 95% and up - \$3,000

To receive these awards, apply for admission and provide a current transcript by February 28 for fall semester or by November 30 for winter semester.

### Transfer Scholarships

Students who transfer to CMU are eligible for Transfer Scholarships worth \$1,000 if they have a GPA of 3.5 or higher on a 4.5 scale or a GPA of 3.3 or higher on a 4.0 scale.

Application Deadline: May 31 (fall semester) or November 30 (winter semester)

Visit [cmu.ca/scholarships](http://cmu.ca/scholarships) for more information on Academic Entrance Awards and Transfer Scholarships.

**In addition to these Entrance Awards, students are invited to apply for the following:**

Application Deadline: February 28

### Leadership Awards and Leadership Merit Awards

CMU offers Leadership Awards worth \$14,000 over four years and Leadership Merit Awards worth \$1,000 over one year.

### Academic Merit Awards

Academic Merit Awards worth \$4,000 over four years are awarded to new students who reflect a clear understanding of CMU's vision.

### Business, Music, and Science Merit Awards

Business, Music, and Science Merit Awards worth \$6,000 over four years are awarded to new students accepted into

Business, Music, or Science degrees at CMU.

### Athletic Merit Awards

Athletic Merit Awards are distributed to new and returning student athletes for exceptional athletic achievement. CMU Blazers Coaches select the recipients.

## Bursaries

### Financial Need Bursaries

Financial Need Bursaries are distributed on a case-by-case basis to students who complete a bursary application and demonstrate financial need.

Application Deadline: July 20 (fall semester) or November 10 (winter semester)

### Indigenous Student Awards

Indigenous Student Awards of between \$1,000 and \$3,000 are distributed to new Indigenous students. The amount and number of awards will depend on the funds available for the year and the number of applicants. Late applications will be considered if funds are still available.

Application Deadline: February 28

### Indspire

CMU has partnered with Indspire to provide additional financial aid opportunities for Indigenous students attending CMU. Visit [Indspirefunding.ca](http://Indspirefunding.ca) for more information.

Application Deadline: August 1 (fall semester) or November 1 (winter semester)

### Travel Subsidies

Students who travel from outside of Winnipeg to attend a campus visit event are eligible to receive a travel subsidy of up to \$400 if they choose to attend CMU. Visit [cmu.ca/travelsubsidy](http://cmu.ca/travelsubsidy) for more information.



### Faith Community Matching Grant

CMU matches money given to students by their faith community in amounts of up to \$500 per year. Your Admissions Counsellor can assist you in applying for matching grants.

### Government Student Aid

CMU students are eligible to apply for provincial and federal grants, bursaries, and loans through the student aid body of their home province.

### On-Campus Employment

CMU offers on-campus employment in a variety of areas, helping students gain work experience and earn money to support their studies.

## Advanced Placement (AP) – Scholarship Information

	<u>U of M</u>	<u>U of W</u>	<u>USB</u>	<u>CMU</u>
<b>Scholarship Information</b>	<p>Students who have qualified for a <b>U of M Entrance Scholarship</b> and have received excellent results on their AP exams may receive <b>additional award money</b> which is added to their entrance scholarship:</p> <ul style="list-style-type: none"> <li>• \$250 for each AP exam result of 5</li> <li>• \$150 for each AP result of 4</li> </ul>	<p><b>AP Transfer Credit Scholarship:</b> additional money for transferring AP credits; submit a request to transfer credit form before October 31<sup>st</sup> of first year</p> <ul style="list-style-type: none"> <li>• \$250 for each AP exam result of 5</li> <li>• \$150 for each AP result of 4</li> </ul> <p><b>AP Entrance Scholarship:</b> Achieve the Advanced Placement Scholar with Distinction (an average score of at least 3.5 on all AP Exams taken and score 3 or higher on five or more of these exams; automatic selection; cannot be held in conjunction with a Special Entrance Scholarship</p> <ul style="list-style-type: none"> <li>• \$2,250</li> </ul>	<p><b>Bourse Advanced Placement (AP):</b></p> <ul style="list-style-type: none"> <li>• \$250 for each AP exam result of 5</li> <li>• \$200 for each AP result of 4</li> </ul>	N/A

# Indigenous/Métis Students—Sponsorship Options

## 1) Manitoba Economic Development Investment and Trades – Workforce Training & Employment

Workforce Training & Employment (WTE) assists eligible individuals who need training to find employment. WTE provides **support services and financial support for programs 12 to 52 week (about 12 months), or up to 2-year programs** for high demand occupations.

You may be **eligible if you fit into one of these categories:**

- Have a current or previous Employment Insurance (EI) claim
- Employed individuals who are low skilled
- In receipt of Provincial Employment and Income Assistance (EIA) benefits
- An individual who is unemployed or about to lose your job

To apply, contact your local Manitoba Jobs and Skills Development Centre.

For locations: <https://www.gov.mb.ca/wd/ites/contact.html>

To learn more, visit: [https://www.gov.mb.ca/wd/ites/tes/jobs\\_careers.html](https://www.gov.mb.ca/wd/ites/tes/jobs_careers.html)

## 2) First Nations Band Funding

The program aims to improve the employability of First Nations (Status) and eligible Inuit students by providing them with funding to access education and skills development opportunities at the post-secondary level.

Eligible post-secondary levels include community college diploma or certificate programs, undergraduate programs, and advanced or professional degree programs.

The program is administered by a First Nations or Inuit designated organization that determines the funding and selection criteria in accordance with national guidelines. Eligible costs covered by the program may include tuition, books, travel support, and living allowances.

**For application forms and deadlines, contact your band's local office.**

<https://www.sac-isc.gc.ca/eng/1100100033682/1531933580211>

## 3) The Congress of Aboriginal Peoples – ISET Program

The Congress of Aboriginal Peoples provides assistance and funding for training and skills development to Aboriginal Peoples living off-reserve. Priority is given to **Non-Status Indigenous candidates**. Funding may cover tuition, books/supplies, and living costs. Applications take 4-6 weeks to process.

**Eligibility:**

- Candidate must be Aboriginal (Non-Status, Status, Metis, or Inuit) living off-reserve
- Candidate is currently unemployed or under employed (minimum wage, limited hours, etc.)
- Status candidate has documentation showing he/she has applied to their home band, local Tribal Council, MMF, etc. for training funds, but was denied for reasons outside of the client's control
- Client has been accepted in a program meeting the eligibility criteria – 1-year certificate, 2-year diploma, final year of a degree program/other skills training program, or adult basic education/GED

**For more information, contact: Fineen Davis, ISET Program National Training Coordinator at:**

- Phone: 1 (613) 747-6022 ext. 225
- Email: [f.davis@abo-people.org](mailto:f.davis@abo-people.org)

**For application forms visit:** <https://abo-peoples.org/program/indigenous-skills-and-employment-training-iset/>

# Indigenous/Métis Students Sponsorship Options continued...

## 4) MMF: Metis Employment & Training – Post-Secondary Financial Assistance

Metis Employment & Training (MET) provides support to Metis students entering full-time studies in:

- College, Technical Institute or University Diploma or Certificate Programs that are 2 years or less in length
- Final year of study in a first undergraduate degree program
- Apprenticeship Technical Training
- There must be an identified labour market need for the occupation in which the training is being considered

Financial sponsorship for eligible clients may include tuition and course fees, books, supplies and equipment, and living allowance support. For more information, visit: <https://www.mmf.mb.ca/metis-employment-training>

## 5) CAHRD: Skill Development Training

The Centre for Aboriginal Human Resource Development (CAHRD) supports Indigenous individuals in the Winnipeg area completing training that will lead to sustainable employment. Allowable costs include tuition, books and supplies, etc. but sponsorship is limited.

### Eligibility:

- Applicant must be Indigenous (Status, Non-Status, Metis, Inuit) and over the age of 18
- Academic upgrading linked to skill training, vocation and/or skills training, and apprenticeship training (classroom portion). Generally, no longer than 52 weeks (about 12 months), but consideration of up to two years of high-demand occupations
- All participants must be unemployed, a registered client of CAHRD and have an open return to work action plan developed with a CAHRD case manager

**To apply:** New applicants must attend a CAHRD Orientation Session and complete a Level Placement Test (LPT). CAHRD Orientation Sessions are held every Tuesday at 10am and Thursday at 1pm in Room 304 - 181 Higgins Avenue, Winnipeg.

**To register:** please call (204) 989-7110.

For more information visit: <http://cahrd.org/education-training/#cahrd.org/education-training/>

## 6) Manitoba Moon Voices – ISET Program

Manitoba Moon Voices' ISET (Indigenous Skills & Employment Training) program can provide funding support in areas such as tuition, living allowance, childcare, job starts, and other resources that can help **Indigenous women and gender diverse people** reach their employment and skills training goals.

### Eligibility:

- Must be an Indigenous woman and/or gender diverse person (Status, Non-Status, Inuit & Metis) living off-reserve
- Must also be unemployed, under-employed or able to demonstrate risk of being unemployed
- Be accepted or applying to a program meeting the eligibility criteria – 1-year certificate, 2-year diploma, or final year of a degree program

**For more information, contact:** Judy Cook - Indigenous Skills & Employment Training Coordinator

- Phone: 204-942-1828 TF: 1-855-893-0166
- Email: [iset@mmvi.ca](mailto:iset@mmvi.ca)

**Website:** <https://www.manitobamoonvoices.com/projects/>

Source: [Futures Forward Scholarship Guide](#)

# First Nations Band Funding:

[Post-Secondary Student Support Program](#)



Here are the **STEPS** you need to take when looking to gain sponsorship:

1. Call your community band office. If you are not already connected to your community you can simply **google your community name and band office** and call the number provided.
2. When you call, introduce yourself as a grade 12 student and say you want to speak with the **Education Counsellor** or whomever is in charge of band sponsorship. Once you are speaking with that person inform them you want to know when the deadline for the upcoming year is and how to go about getting an application.
3. Once you have the application **you can get help filling it out** from your family, counsellor, Dominique in **Our Home (Room 15)** or the Indigenous Student Recruiter from whatever school you are wanting to apply to.
4. At this time you will also need to go online and **submit and pay for your application fee** to the University or College of your choice. **Keep your receipt-even the digital copy!** Some communities will reimburse this fee so make sure to ask about this when you call to get the application sent to you.
5. Most band funding applications will ask for a student to **submit their acceptance letters** as part of the package, however most letters don't normally get sent out until the end of **May / beginning of June** – **if a student has applied before the March 1st deadline**. If your application for band sponsorship is due **BEFORE** you get your acceptance letter contact the university or colleges admission department and ask for a written letter that you can give to your band confirming that you have submitted and paid for your application and are waiting on your acceptance letter. This will usually be satisfactory.
6. **GET YOUR APPLICATION IN AS SOON AS POSSIBLE!**  
If you wait until June or July to apply this does not give enough time for the admissions offices to process your application and still connect with your band office before they make their decisions regarding sponsorship. Typically (though it can differ community to community) bands will announce their decisions about who will receive funding in July.



# Futures Forward



## Tuition Waiver Program

Nine colleges and Universities in Manitoba offer a limited amount of Tuition Waivers **for current and former youth-in-care**. Bursaries may cover tuition of a certificate, diploma or undergraduate program, and Tuition Waiver students who are no longer in care are eligible to apply for *Living Supports* to cover books and supplies, transportation, rent, etc.

### PARTICIPATING INSTITUTIONS:

Assiniboine Community College (no cap)	Brandon University (20)
Manitoba Institute of Trades and Technology (4)	Booth University College (1)
University of Winnipeg (30)	Saint-Boniface University (5)
University of Manitoba (10) (need 70% high school avg.)	University College of the North (5)
Red River College (10)	Canadian Mennonite University (1)

### ELIGIBILITY:

1. Be a current or former youth-in-care in Manitoba with a letter from CFS as proof.
2. Meet the program admission requirements and have applied directly to the college or university
3. Be applying for full-time studies (at least 18 credit hours per year or 60% course load)
4. Must demonstrate financial need \*for UM, UW, USB, CMU & Booth UC applicants only\*

### RENEWAL:

1. Maintain a 2.0 GPA (Grade Level C)
2. Maintain full-time student status (at least 18 credit hours per year OR 60% course load)
3. Continue to demonstrate financial need \*for UM, UW, USB, CMU & Booth UC applicants only\*
4. Maintain continued contact with the college or university and Tuition Waiver Coordinator

### TO APPLY:

1. Do your research and select your school/program
2. Apply directly to the school of your choice
3. Apply for a Tuition Waiver before the **March 31 deadline** (opens January 1st)

For more information: [Paying for Post-Secondary School | Futures Forward](#)

**For questions or assistance with applications, contact:**

**Jade  
Richardson**

Post-Secondary  
Education Advisor

204- 987-8661 ext.  
672

[jrichardson@yesmb.ca](mailto:jrichardson@yesmb.ca)



# MANITOBA STUDENT AID

\*NOT JUST A LOANS PROGRAM—THEY OFFER A LARGE NUMBER OF NON-REPAYABLE GRANTS AND BURSARIES!

**Manitoba Student Aid** assists students and clients in their post-secondary journey. Whether students and clients are at the career planning stage, are currently attending a post-secondary institution, or are in the process of paying back their student loans, Manitoba Student Aid is here to help.

## Are You Eligible?

Whether you are new to post-secondary education, going back to it or planning for your future, we may be able to help you pay for school.

Take this test to see if you are eligible to apply for Manitoba Student Aid.

- You are a Canadian citizen, permanent resident (landed immigrant) or protected person.
- You are a Manitoba resident.
- You will be studying at a designated school program. If you're not sure, check the designated schools and programs section or contact Manitoba Student Aid.
- If you are 22 years of age or over and applying for the first time, you can pass a credit check.

If you answered yes to all of the questions above, then you are eligible to apply for Manitoba Student Aid.

**FUNDING FORMULA:** cost of education + living costs - student/parent contribution, income and assets = \$

## To remain eligible for Manitoba Student Aid, you must:

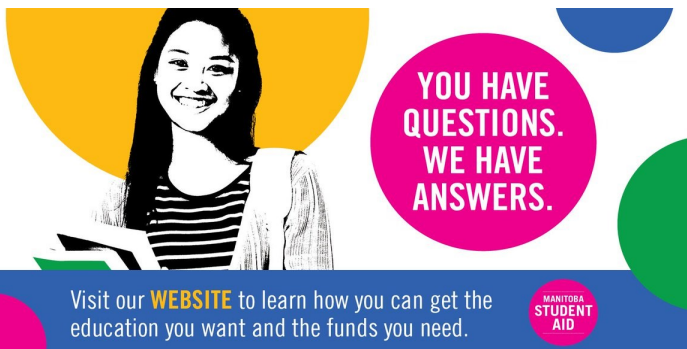
- Pass at least 60% of a full course load in each term at a college or university (ask your school if you're not sure what a full course load is for you)
- Pass 100% of your courses and keep your attendance above 90% if you are going to a private vocational or private training school

**PROS**—It's worth it to fill out an application (you can always decline/say no)

- 0% interest
- No payments while studying full-time
- 10 years to replay the loan (payments start 6 months after graduation)
- Potentially \$1000s of dollars in bursaries and grant money that you don't need to pay back

**APPLY EARLY! (Beginning of June)**  
**Submit Application online by July 1**

[Manitoba Student Aid | Province of Manitoba](#)



## PLEASE NOTE:

\*Even if your assessed need is \$1, it is recommended that you apply as you may qualify for bursaries which you do not need to pay back!

\*MB Student Aid will not cover your entire tuition. You will need to have other sources of funding for your studies as well.

## The Canada Learning Bond



YOUTH  
EMPLOYMENT  
SERVICES



# TRYING TO SAVE \$\$\$ FOR SCHOOL?

Are you under 20 years old?

Introducing **THE CANADA LEARNING BOND!**

### WHAT IS IT?

The Canada Learning Bond is money available to children and youth born in 2004 or later from low and moderate income families

### HOW DO I GET IT?

- Open a no-cost Registered Education Savings Plan (RESP) at any financial institution (like a bank or credit union).
- Ask the financial institution to apply for the CLB on your behalf.

### HOW MUCH IS IT?

\$500 for opening the RESP if you are eligible  
+ \$100 for every year you continue to be eligible (up to the age 15)  
= Maximum of \$2000 total from the Government of Canada

### WHEN CAN I USE IT?

You can access this money when you enroll in full-time or part-time education or training after high school (including trades and apprenticeship programs)

## 4 THINGS ABOUT THE CANADA LEARNING BOND

# Gap Year Opportunities



# GAP YEAR: Taking a Year Off....

WORK - VOLUNTEER - TRAVEL - LEARN

If you're unsure or unexcited about returning to school, a gap year may be a good option for you. A successful gap year allows you to gain life experience, learn more about yourself and what you want to do, and return to studies refreshed and ready to learn.

## Gap Year Benefits

- Take a break from school
- Gain skills/ life experience
- Make friends/connections
- Explore potential careers
- Learn more about yourself
- Save and make money
- Return to studies refreshed
- Have fun

## Potential Pitfalls

- Might get comfortable with a steady paycheck
- Easy to relax and potentially waste a year
- May miss out on some scholarship opportunities
- Things learned in high school may not be fresh in you memory
- Lack of motivation when the year is up

## Tips for a Successful Gap Year

- **Be productive**—For a gap year to be successful, you need to put some work in. It's not just a year of vacationing and watching Netflix! Use the time to travel, join an exchange program, work, volunteer, intern, or take classes—the options are endless!
- **Apply for school**—Even if you know you are taking a year off, you should still apply for post-secondary. Many institutions will allow you to defer admissions offers and entrance scholarships. Don't miss out on potential awards!
- **Look for scholarships**—They aren't just for school! Some scholarships give students money for gap years / travel / life experiences.
- **Reflect**—Gap years are all about self-discovery. Take time to think about what's important to you and what you want from life. Buy a journal to keep track of all your thoughts.
- **Stick to your plans**—A gap year is meant to help you return to school refreshed and ready to study, but sometimes people get distracted / settled and don't return to school at all. Stick to your plans and go back after some time off—it'll be worth it.



## Helpful Websites:

<a href="http://gapforce.org">gapforce.org</a>	<a href="http://swap.ca">swap.ca</a>
<a href="http://cangap.ca">cangap.ca</a>	<a href="http://projectsabroad.ca">projectsabroad.ca</a>
<a href="http://volunteerhq.org/ca/">volunteerhq.org/ca/</a>	<a href="http://stepabroad.com">stepabroad.com</a>
<a href="http://livedifferent.com">livedifferent.com</a>	<a href="http://EF.com">EF.com</a>
<a href="http://contiki.com">contiki.com</a>	<a href="http://globaltesol.com">globaltesol.com</a>
<a href="http://volunteerforever.com">volunteerforever.com</a>	<a href="http://volunteerhq.org/ca/">volunteerhq.org/ca/</a>
<a href="http://eurail.com">eurail.com</a>	



# GLOBETROTTING



*Travel is a great way to develop independence and resourcefulness, gain real world experience, learn about yourself, and meet new people.*

## 10 Reasons Why Travel is Important

1. It gets you out of your comfort zone
2. It puts life in perspective
3. You'll make friends from across the globe
4. It looks great on your resume
5. You'll discover the world's incredible cultural diversity
6. You'll experience places you never imagined existed
7. You might learn a new language (or two!)
8. You'll have incredible adventures
9. Experience completely new cuisines
10. Travel happiness is infectious!

## Travel Tips

**Get discounts**—Students/youth can get deals on accommodations, tours, entrance fees to tourist sites, rail passes, and more! Look into the International Student Identity Card (ISIC) / International Youth Travel Card (IYTC) at [www.isic.org](http://www.isic.org)

**Research**—There are many travel options, from short-term to long-term, to group and solo excursions. Think about the experiences you want to have, and talk to people you trust.

**Be careful**—Plan carefully, use reputable websites, and keep family and friends informed of travel plans.

### Student Travel / Exchange Programs

**YES Canada (Language/Culture Exchange programs):** [youthedservices.ca](http://youthedservices.ca)

**Lonely Planet-Travel Guides and Info:** [www.lonelyplanet.com](http://www.lonelyplanet.com)

**Volunteer exchange programs:** <https://www.volunteerforever.com/program/canada-world-youth/>

**SWAP (Live and work abroad):** [www.swap.ca](http://www.swap.ca)

**Teach English Overseas:** [www.globaltesol.com](http://www.globaltesol.com)

**Student Exchange Programs:** [www.asse.com](http://www.asse.com)

**Contiki Holidays (ages 18-35):** [www.contiki.com](http://www.contiki.com)

**Become an au pair/nanny:** [www.planetaupair.com](http://www.planetaupair.com)

**Volunteer and Intern Abroad:** [www.projects-abroad.ca](http://www.projects-abroad.ca)



# Opportunities in Canada!

**Katimavik** is a life-changing experience to explore Canada, make new friendships, gain valuable experience and contribute to positive change through volunteerism.

The **National Experience** -66 young people spend 6 months living together while discovering different communities in Canada.

Participants spend the weekdays:

- volunteering with organizations
- visiting local Indigenous communities
- Team building & collaboration
- Plan cultural discovery, group outings & fun activities during evenings and weekends

Some topics that are explored:

- Civic engagement
- Autonomous living
- Healthy lifestyle
- Environmental stewardship
- Reconciliation activities.

**Katimavik:** [Katimavik - Home](#)

**Explore** is an intensive French-immersion program that is offered during the spring or summer for people with any skill level in French.

Explore participants are awarded:

- a place to stay
- funding for tuition fees for the course, instructional materials, meals, and accommodation.

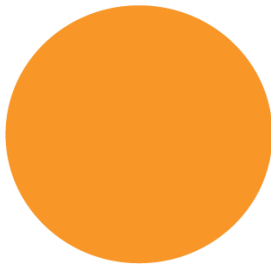
You will discover another region of Canada while learning French in classes adapted to your language level.

- Classroom instruction
- Workshops
- Sociocultural activities
- Field trips

Experience something new and discover your country and your strengths through Explore!

**Explore Program:** [French Immersion Programs | Learn French | OLP-PLO Explore](#)

## Katimavik



# Career Exploration



*CHECK IT OUT!*

## Researching Your Future Career

Explore the full range of work possibilities open to you and find out which options come closest to satisfying your interests, abilities, skills and values. Check out this [Career Planning Workbook](#) , this [list of occupations](#) to help get you started.

### Identify The Possibilities

#### 1. Keep Your Eyes Open

When you visit workplaces for business or personal reasons, take note of the types of work people are doing. Ask questions when you see something that looks interesting.

#### 2. Get Some Experience

Volunteer, intern, become an apprentice, join a club, try out for a team, or work part-time in your fields of interest! This allows you to learn about your field and make connections with people already working in it. The only way to find out what you are good at is to get out there and try!

#### 3. Use Available Resources

The internet, government and school employment counselling offices, and public libraries all have information about different career paths. Read books, magazines, and newspapers to learn about topics that interest you and keep up with late-breaking news and information. Check out [manitobacareerprospects.ca](http://manitobacareerprospects.ca)!

#### 4. Network

Use networking techniques to find out more about work possibilities. Ask people you know about their work or similar lines of work. Ask people you know to refer you to people they know in occupations that interest you.

#### 5. Conduct Information Interviews

Talk to people about their work. You might consider making some “cold calls” to arrange short meetings with people you’ve never met but may have the information you need.





## CHECK IT OUT!

### Researching Your Future Career continued...

Once you identify a type of work that really interests you, try to get a complete picture by asking the following questions:

- What do people in this line of work do day-to-day?
- What are the usual working conditions (atmosphere, hours, etc.)?
- What are the pros and cons of this work?
- What self-management, transferable and technical skills are required?
- What type of education or training is required? What training level do most people have?
- Where is the required training offered? How long does it take to complete? How much does it cost?
- Are there additional training or educational opportunities that are not required, but may help you succeed in this job?
- Are there any special physical, legal or social requirements?
- Does this work require the use of any tools and/or technology?
- What are the future employment prospects?
- Will this type of work still be needed in 5 years?
- What are the opportunities for promotion and transfer?
- What is the typical salary range for this type of work?  
Consider salaries for people beginning in the field and for more experienced workers.
- Do you have to belong to a professional association or a union to do this work?
- How can I prepare for this work now? (Courses to take, skills to develop, people to meet)
- What are some related jobs/occupations/careers?
- Can I get additional information from an interview with someone who works in this job?

This is a great time to check out **myBlueprint!** (See page 82).

Another great tool is [DegreeHub](#)—Take a short survey to get personalized undergraduate recommendations!

#### Your map to the future

DegreeHub uses machine learning to match your unique skills, personality, and interests with more than 80 universities and 5,000 programs in Canada. It's generated just for you by drawing on the real-life experiences of over 10,000 recent Canadian undergrads.



**Make an appointment with your Guidance Counsellor if you need more help!**

# Career Exploration:

## myBlueprint

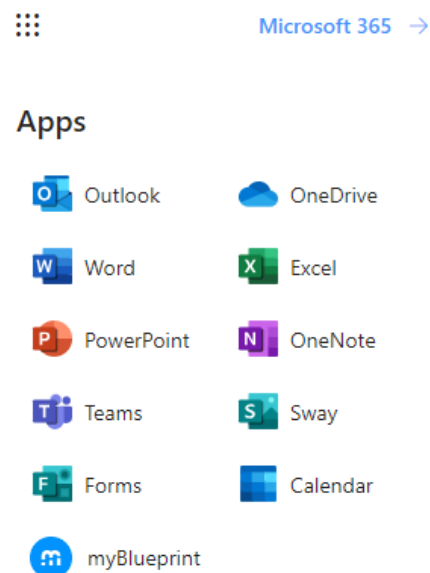
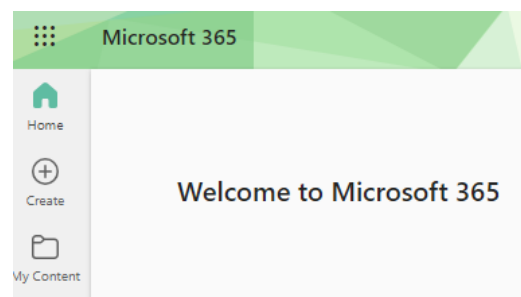
### Not sure what Career you might be interested in?

That's okay! Start exploring myBlueprint! It is an online guide that will help you find information to begin your career exploration, start the job search and see job postings, plan your courses, track your graduation progress and even collect points to get prizes!

#### How to get started:

- 1) Login to your Office 365/Webmail school account
- 2) Click on the waffle on the top left hand corner to find myBlueprint
- 3) Click on the myBlueprint icon
- 4) Explore away! Complete surveys, explore post-secondary institutions and programs, learn about the world of work, make a resume and cover letter, apply for jobs and gain some financial planning skills.
- 5) Make portfolios and save your favourites to return to later.

Using career assessment tools, post-secondary and apprentice training and databases, students will be given access to hundreds of career profiles that showcase job requirements, incomes and daily tasks.



**\*Write your resume and cover letter using myBlueprint!**  
There are samples to preview and tips to get you started as well!



**Office Hours:** Monday-Friday  
8:30am-4:30pm

614 - 294 Portage Avenue  
204-987-8661

[YES](#) is located on the 6th floor through the doors under the Somerset Place sign between the Radisson Hotel and Money Mart.

### What They Do:

- Provide free employment services to youth
- Learn new skills, develop confidence and feel supported during your transition to employment
- Offer monthly volunteering opportunities
- Resume and Cover Letter Workshops
- Interview Preparation
- Job Search Assistance



### How to get services?

- Youth between 16-29 years old are eligible to receive free services
- Visit the office during office hours to register—all you need is your Social Insurance Number (S.I.N.)

### Don't have a S.I.N card?

Visit a Service Canada Centre near you.

### Service Canada Centre:

1 800-622-6232

393 Portage Ave #122 (inside Portage Place)

**Ready to apply?**  
**Job Search Checklist:**

- Social Insurance Number
- Young Worker's Readiness Certificate (if under 16)
- Resume



## CHECK IT OUT!

### Useful Job Search Tips

Everyone will be looking for a job at some point, be it for summer, a part-time job while going to school, or a full time job during a gap year. Below are a few **tips**:

- ⇒ Provide a **resume AND cover letter**; if cold calling (person doesn't know you are coming), smile, introduce yourself, and give a firm handshake.
- ⇒ Apply during **peak hiring times**—just before the summer months and just before the holiday season. January & February are typically less busy hiring times.
- ⇒ Be sure to ask people (teacher, coach, supervisor) who you think will have positive things to say about you to be your **reference** and provide up-to-date contact info for them.
- ⇒ Whatever you do, **do not get discouraged**. You will not be hired on the spot at the first job you apply for. Job searching can take time.
- ⇒ Having no luck? **Seek out help** at Youth Employment Services ([www.yesmb.ca](http://www.yesmb.ca)) or make an appointment with Jordyn, your Career Advisor!

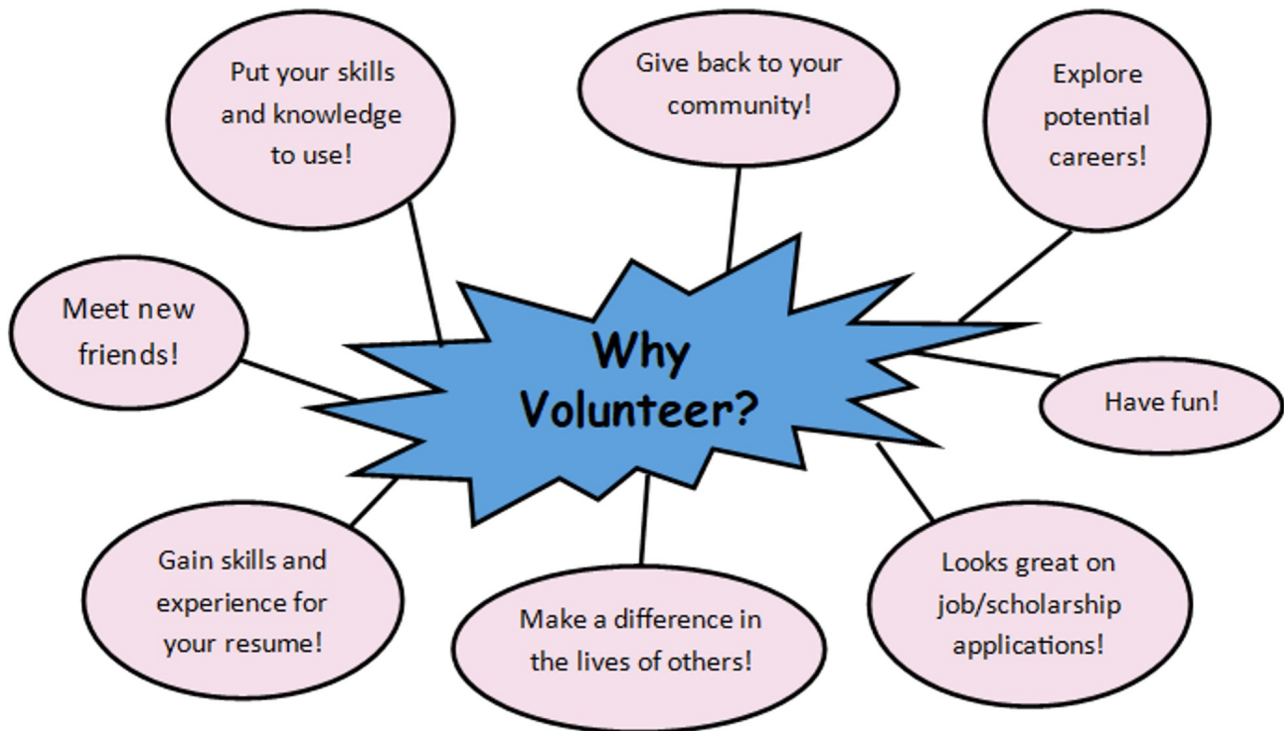
#### Want to understand how salaries work?

Check out the following websites: -Payscale.com

-Salaryexpert.com



# VOLUNTEERING



## Volunteer Opportunities in Winnipeg:

Volunteer Manitoba: [www.volunteermanitoba.ca/](http://www.volunteermanitoba.ca/)

Human Rights Hub Winnipeg: [www.humanrightshub.ca/](http://www.humanrightshub.ca/)

Harvest Manitoba: [www.harvestmanitoba.ca](http://www.harvestmanitoba.ca)

Winnipeg Regional Health Authority:

[www.wrha.mb.ca/volunteer-services/apply-to-be-a-volunteer/](http://www.wrha.mb.ca/volunteer-services/apply-to-be-a-volunteer/)

Winnipeg Humane Society: [www.winnipeghumanesociety.ca](http://www.winnipeghumanesociety.ca)

Take Pride Winnipeg: [www.takepride.mb.ca/](http://www.takepride.mb.ca/)

Manitoba Children's Museum: [www.childrensmuseum.com/support/volunteer](http://www.childrensmuseum.com/support/volunteer)

Big Brothers Big Sisters of Winnipeg: <https://winnipeg.bigbrothersbigsisters.ca/volunteer/>

VolunTeen: [VolunTeen Winnipeg](#)

# Sample Resume

Check the voicemail and email address you provide often, so you don't miss out on any jobs!

It's a good idea to change your objective for each job you apply for!

Write 4 –5 skills that will help you succeed.  
Look at job posting for examples of what employers are looking for!

It's not just jobs!  
Add volunteer activity, clubs, teams, committees, babysitting, chores, etc.

Start with school, then add extracurriculars!

Putting activities/interests allows employers to get to know you more!

Use this optional section to highlight achievements!

Pick 2-3 supervisors, coaches, or teachers who will give you a positive reference! Include their name, title, phone number, and email address.

## Your Name

Your Address

Your Phone Number

Your Email

### Objective:

Seeking part-time employment as a Stock Associate at Safeway.

### Skills and Qualifications

- Motivated and hardworking
- Friendly and professional
- Punctual and reliable
- Organized and detail-oriented
- Able to work individually or as part of a team.

### TIPS!

**NB! You can also check out the resume builder on myBlueprint! You can also purchase downloadable resume templates on Etsy or use Canva to jazz up your formatting!**

### Experience

*Snow shoveling*, Self-Employed Dec 2022– Present

-Clear walkways / driveways on a weekly basis for several clients.

*Volunteer*, Youth Club Summer Camp July – August 2022

-Supervised children, prepared food, and organized activities.

### Education and Training

*Grade 10 Student*, Collège Miles Macdonell Collegiate Sept 2023– Present

*Karate Lessons*, Karate Club 2020 – Present

### Activities

In my spare time I enjoy reviewing movies and playing volleyball.

### Awards

*Citizenship Award*, Collège Miles Macdonell Collegiate June 2022

### References:

# Student Resume Worksheet

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Home Phone: (\_\_\_\_) \_\_\_\_\_

Cell: (\_\_\_\_) \_\_\_\_\_

Email: \_\_\_\_\_

Note: Make sure it is a professional email and one you check often!

## Skills and Qualifications:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

## Experience

What	Where	When
Description of duties:	_____	_____

What	Where	When
Description of duties:	_____	_____

## Education

Grade \_\_\_ student at College Miles Macdonell Collegiate \_\_\_\_\_ to Present  
Date started

## Activities and Interests

In my spare time I enjoy \_\_\_\_\_ and \_\_\_\_\_.  
(Activity/Interest) (Activity/Interest)

## References

Name	Name	Name
Title (what they do)	Title (what they do)	Title (what they do)
Phone Number	Phone Number	Phone Number
Email	Email	Email

# Mental Health & Wellness

I HONOUR MY  
PROGRESS



IT MIGHT BE HARD TODAY BUT  
EASY TOMORROW AND HARD AGAIN THE  
NEXT DAY. I CANNOT EXPECT MYSELF TO  
BE THE SAME EVERYDAY. IT'S IMPORTANT  
FOR ME TO MEET MYSELF WHERE I AM.

ANNECARLY.MM



# Self-Care is Important!

Did you know we are more than just a body and a mind?

We are the sum of many parts and we often neglect our pieces. True wellbeing can't be achieved unless we actively address and maintain all parts of ourselves.

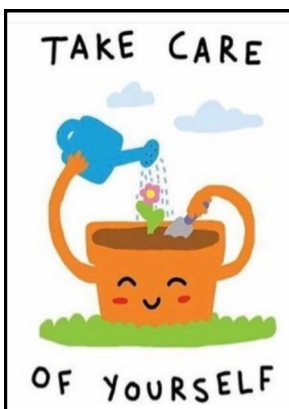
Get this: most of us aren't well. We're so busy trying to meet goals and due dates, conforming to expectations and trying to figure out what to do next that we forget about our own wellbeing. We just "don't have time" to think about ourselves.

Self-Care is a term used to describe the care we provide to ourselves, by ourselves. It's the conscious effort we make to feel and do better by implementing proactive practices to improve our daily wellbeing. Above all, self care is being kind to ourselves and showing ourselves love and compassion. It's putting ourselves first. It can be something as small as taking a bike ride, baking cookies, snuggling with your pet, or singing along to your favourite song in the car.

You can't pour from an empty cup.



Take care of yourself first.



Ask yourself:

“What are the things in life that bring me joy?”

“What are the things that I've been neglecting?”

“How can I take better care of myself?”

*Self care is not selfish. Self care is essential!*

SELF CARE  
means giving  
THE WORLD  
the best  
OF YOU INSTEAD OF  
WHAT IS LEFT  
OF YOU.

## SELF-CARE IDEAS



Bake your favorite treat!



Have a laugh!



Learn something new!



Color!



Play a board game with a friend!



Listen to music or your favorite podcast!



Travel & explore new places!



Treat yourself!



Love on an animal!



Get some rest!



Celebrate the small wins!



Exercise!



Plant a garden!



Disconnect from the internet!



Strike a yoga pose!



Sit in nature!



Journal!



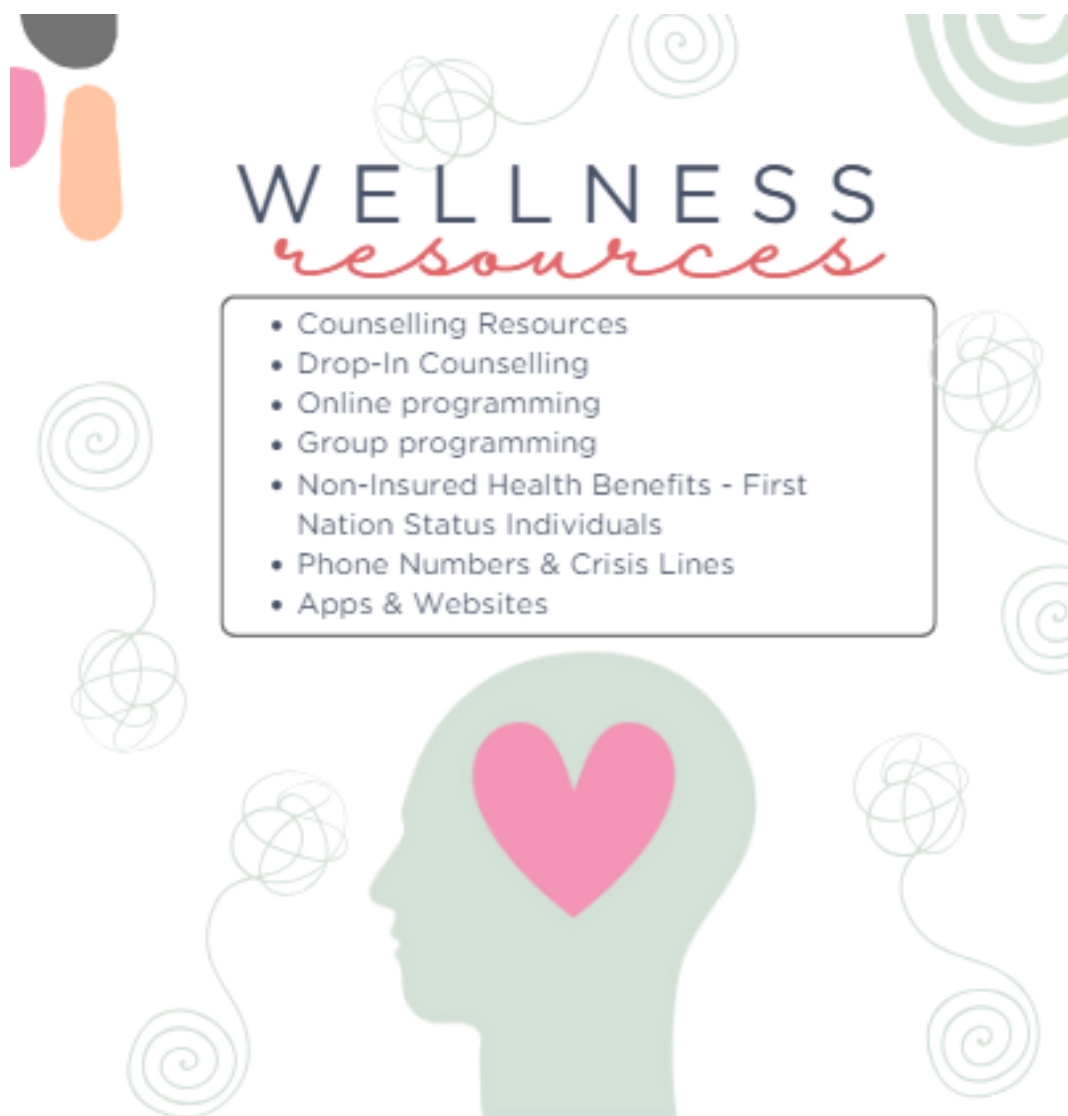
Stay Hydrated!



Read a book!



**“Wellness Resources” booklet**— Click [here](#) to lead you to a list of LOCAL resources to support you on your path to wellness.



- Counselling Resources
- Drop-In Counselling
- Online programming
- Group programming
- Non-Insured Health Benefits - First Nation Status Individuals
- Phone Numbers & Crisis Lines
- Apps & Websites

If you are looking to find information on available mental health resources and supports for yourself or a loved one, connect with a **Service Navigation Specialist** through the **Canadian Mental Health Association** (FREE): (204) 775-6442 / [hub@cmhawpg.mb.ca](mailto:hub@cmhawpg.mb.ca). They will be able to help you find the best type of care to match your needs.

Note: Click on any **underlined** text to link you directly with the service provider's corresponding Website.

# PHONE & *crisis lines*

## 9-8-8 Suicide Crisis Helpline

A safe space to talk, 24/7/365.

Phone or Text : 9-8-8

## Kids Help Phone

24/7 free, confidential counselling in over 100 languages (Ukrainian, Arabic, Pashto, etc.)

Phone : 1-800-668-6868

Text : 686868

## Youth Mobile Crisis Line

24/7 crisis line and mobile crisis teams to help stabilize youth with safety, mental health concerns, parent/child conflict and behaviour management.

Phone : (204) 949-4777

Text : (204) 900-6010

## First Nations Hope for Wellness Helpline

24/7 Mental health counselling and crisis intervention available to all Indigenous peoples.

Phone : 1-855-242-3310

## Centralized Intake - Mental Health and Addictions

**Mental Health:** Intake and referral services to MATC and the Health Sciences Centre.

Phone : (204) 958-9660

**Addictions:** A Provincial service that helps youth and families navigate addiction services and identify appropriate programming.

Phone : 1-877-710-3999

## Support for 2SLGBTQIA+ Students

**Youthline:** Confidential, non-judgemental peer support via Text or Chat. Sun-Fri, 4 pm-9:30 pm.

Text : 1-647-694-4275

**Trans Lifeline:** Confidential peer support phone service ran by trans people for trans and questioning peers. 1 pm - 9 pm Central.

Phone : 1-877-330-6366

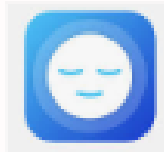
# APPS & websites

## APPS

[Always There - Kids Help Phone](#)



[Mindshift CBT - Anxiety Canada](#)



[Smiling Mind - Mindfulness & Meditation](#)



[Insight Timer - Sleep, Anxiety & Stress](#)



## WEBSITES

[KidsHelpPhone.ca](#) (a variety of resources on various topics)



[Jack.org](#) (youth-led mental health movement)



[AnxietyCanada.com](#) (healthy coping skills, tips and tricks)



[mb.211.ca](#) (an online database of community resources)



[StressHacks.ca](#) (mental health resources, tips and tricks)

## STRESS [HACKS]

[HuddleManitoba.ca](#) (youth mental health hubs; monthly calendar)



[MoodDisordersManitoba.ca](#) (various programs and services)



[NeedHelpNow.ca](#) (getting help if a nude photo has been shared online)



# Notes

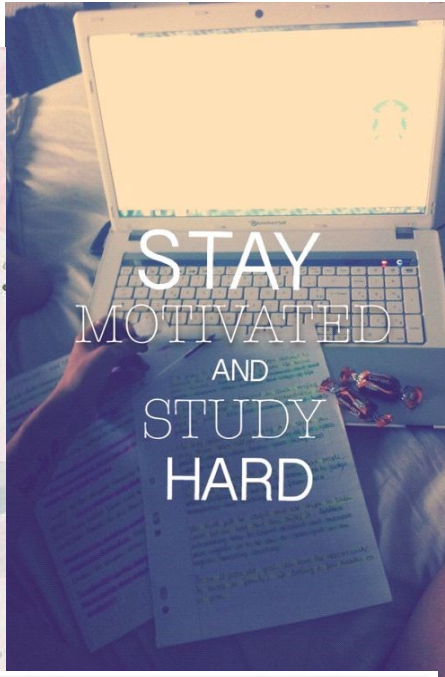
FOLLOW  
YOUR  
dreams

IF YOU *Believe*  
IN YOURSELF  
*Anything*  
IS POSSIBLE

SUCCESSFUL  
PEOPLE  
ARE **NOT** THOSE  
WHO DO NOT  
**FAIL**  
THEY ARE THOSE WHO  
**FAIL**  
MORE THAN ANYONE  
& **SIMPLY REFUSE**  
**TO ACCEPT IT**  
AS THE  
CONCLUSION

it always  
seems  
impossible  
until its  
done.

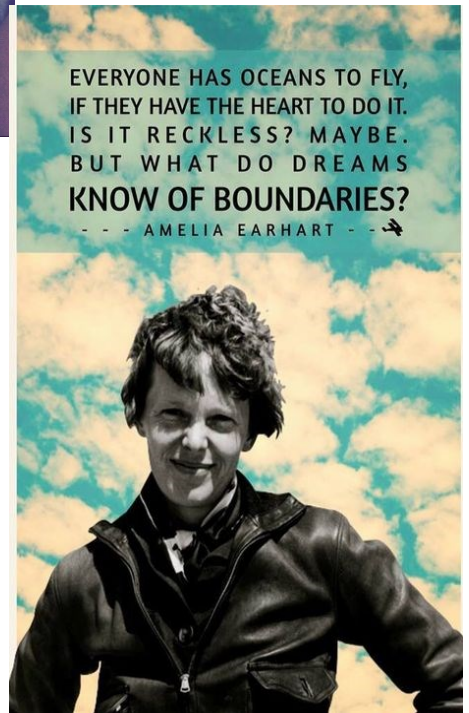
NELSON MANDELA



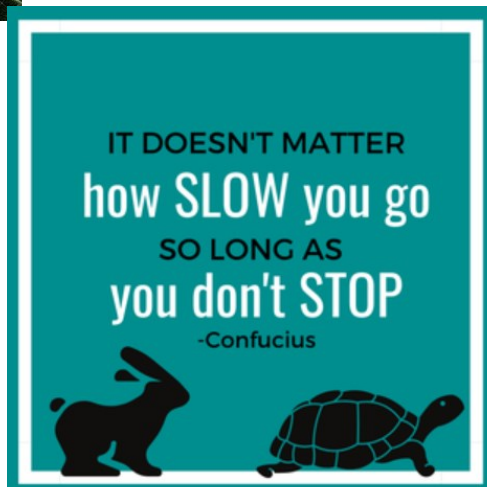
**F**IRST  
**A**TTEMPT  
**I**N  
**L**EARNING



YOU  
GOT  
THIS



YOU ARE  
CAPABLE  
of  
AMAZING  
THINGS



LIVE *Boldly*.  
PUSH YOURSELF.  
DON'T SETTLE.