

STUDENT HANDBOOK

2020-2021



Join Audio Start Video Security Participants Chat Share Screen Record End

DISCOVER YOUR HEALTH & DENTAL PLAN*

Make the most out of your student Plan

WHY AN UMSU HEALTH & DENTAL PLAN?

The Plan is a critical service of UMSU designed to fill the gaps in provincial health care.

WHAT IS THE ENHANCED CARE PLAN?

UMSU and UMGSA members have access to a flexible benefit model that offers students two different coverage options. Eligible UMSU and UMGSA members are automatically enrolled in the Plan, with the opportunity to choose the level of coverage best suited to their needs during the Change-of-Coverage Period each year.

WHO'S AUTOMATICALLY COVERED?

- Full-time graduate students who are UMGSA members
- New Winter Term graduate students who are UMGSA members (i.e. students registered in at least one on-campus course) and registered for at least 9 credit hours in the Winter Term (covered from Jan. 1 – Aug. 31, 2021)

CHANGE-OF-COVERAGE PERIOD

(coverage option, enrolments, and opt outs)

- ▶ Fall Term: **AUG. 25 – SEPT. 24, 2020**
- ▶ Winter Term (new students only): **DEC. 24, 2020 – JAN. 21, 2021**

SAVE MONEY WITH THE STUDENTCARE NETWORKS

You're covered for the insured portion of your Plan regardless of the health-care practitioner you choose. By consulting a Network professional, you'll get additional coverage on services like:

- ▶ Dental
- ▶ Psychology
- ▶ Chiropractic
- ▶ Vision
- ▶ Physiotherapy
- ▶ And more...



Depending on the coverage option you choose, you may have access to the following benefits:*



OVER
\$10,000
HEALTH COVERAGE

Prescription drugs
Medical equipment
Psychologists
Chiropractors
Physiotherapists
Ambulance
and more...



OVER
\$250
VISION COVERAGE

Eye exam
Eyeglasses and contact lenses



UP TO
\$750
DENTAL COVERAGE

Polishing
Checkups
Fillings
Gum treatments
Root canals
Extractions
and more...



UP TO
\$5,000,000
TRAVEL COVERAGE

Travel health coverage (120 days per trip, up to \$5,000,000 per lifetime), plus trip cancellation and interruption in the event of a medical emergency

* Please note that at time of printing, the benefits for 2020-2021 were still subject to change. For complete details, visit www.studentcare.ca in August.

WELL-BEING RESOURCES: EMPOWER ME

A confidential support service available 24/7. Visit www.studentcare.ca for more info.
1-833-628-5589

Powered by **Optima Global Health**

The University of Manitoba campuses are located on the original lands of the Anishinaabeg, Cree, Oji-Cree, Dakota, and Dene peoples, and on the homeland of the Métis Nation. We respect the Treaties that were made on these territories, we acknowledge the harms and mistakes of the past, and we dedicate ourselves to move forward in partnership with Indigenous communities in a spirit of reconciliation and collaboration.

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What is the UMGSA?

The University of Manitoba Graduate Students' Association is the student-governed association that represents all graduate students at the University. With over 3700 students completing graduate work in over 90 disciplines, we are the official voice of graduate students at the University of Manitoba.

We are guided by our vision, goals and governing documents, all of which focus on promoting and providing graduate student advocacy, offering services and support to students, and developing involvement in the graduate student community. Read on to learn more about the services we offer.

To overcome the distance between the Fort Garry, Bannatyne, and St. Boniface Campuses, the Health Sciences Graduate Students' Association (HSGSA) exists as a sub-group of the UMGSA to attend to the needs of students at the Bannatyne and St. Boniface campuses. You can learn more about the HSGSA on page 31 of this handbook.

Get Involved With Us

Getting involved with the UMGSA is a great way to practice your leadership skills, fight for graduate student interests and build your co-curricular record. There are lots of ways that you can participate throughout the year:

VOTE	in the UMGSA election, held annually in the spring.
RUN	for a UMGSA Executive position.
ATTEND	the Annual General Meeting on December 9, 2020
SERVE	on a UMGSA Committee.
REPRESENT	your department as a UMGSA councillor.
VOLUNTEER	at a UMGSA event.

For more information, stop by our office or visit www.umgsa.org.

Contact Us

University of Manitoba Graduate Students' Association

221 UMSU University Centre, University of Manitoba

65 Chancellors Circle, Winnipeg MB R3T 2N2

204.474.9181 | gsa@umgsa.org

www.umgsa.org

2020-2021 UMGSA Executive Team

The Executive Committee is responsible for the day-to-day operations of the UMGSA. Student participation is integral to our effectiveness. As graduate students, please feel free to give your input and communicate any questions, concerns, or comments you might have.

We are here to advocate for students and to provide services that will help you throughout the year. All of the Executive Members are elected during the UMGSA general elections, which are usually held in March.

All graduate students are eligible to run for UMGSA Executive positions. To inquire about running in the 2021-2022 UMGSA Election, email us at gsa@umgsa.org

Silvia Sekander, UMGSA President | pres@umgsa.org

Hello, fellow grad students! I am Silvia Sekander and I am an international student here at the University of Manitoba (UofM) for more than 5 years. As the President and the spokesperson of the UMGSA, my goal is to ensure that the interests of all the graduate students gets represented.

I completed my M.Sc. program at UofM and currently I am pursuing my Ph.D. degree in Electrical and Computer Engineering Department. During my M.Sc. and Ph.D. program I worked as Sr. Software Engineer in “Samsung R&D Institute Bangladesh” for three years where I got the



opportunity to lead a team of software Engineers for “Regional Handset Development Project” in Korea. From 2018-2019, I was Graduate Students Representative of University of Manitoba Bangladeshi Students’ Association (UMBSA) where I got the opportunity to work closely with many graduate students. From 2019, I have been working as the President of UMBSA which caters around 1000 students in the UofM campus. I had got the opportunity to work closely on the “Health has No Border” and “U-pass referendum” programs. During my tenure, I worked with the city of Winnipeg to get the permission of “Bangladeshi Flag Raise in City Hall” for the very first time in Manitoba. Last but not least, I have organized several collaboration program including different student groups such as MSA, PSA, Laksh etc. in the campus to serve large number of students and make networking stronger.

I have been actively involved with outside campus community groups. I am the current Assistant General Secretary of Canada Bangladeshi Association (CBA), Manitoba. CBA always celebrates diversity and multiculturalism. Being part of the association, I have achieved hands on experience of applying for government funding, organizing events such as “High Commission Service Program”, “Mental Health Workshops” etc. While organizing these, I have developed effective and efficient communication skills by networking with the city delegates.

Nora Ampomah,
Vice-President Finance & Administration | vpfa@umgsa.org



Hello graduate students! I am excited to be on this journey with you, as your representative on the UMGSA as Vice-President Finance and Administration.

I am Nora Ampomah, a second-year masters' student in Political Studies. I have a bachelors' degree from the University of Ghana and experience in the Administration and Finance field from both the Ministries of Finance and Foreign Affairs. I have served as a Programs Assistant at the Immigrant and Refugee Committee of Manitoba

(IRCOM) where I performed many administrative (but not limited to) duties and a Teaching Assistant with the Political Studies department.

My number one goal will be to work together with you to expedite and further streamline conference grant processes as well as investigating opportunities for incorporating other funding sources into the UMGSA. Feel free to send your suggestions, questions and concerns. I believe we will have a great year together, cheers!

Rubel Chandra Talukder,
Vice-President Academic | vpa@umgsa.org



Hello Grad students, I am Rubel Chandra Talukder, and I am currently doing my Ph.D. in the department of Electrical and Computer Engineering. I am exploring the possibilities of designing new ultrafast solid-state lasers which will provide new functionalities in spectroscopy, nonlinear microscopy, and biomedical imaging techniques. I have also completed my M.Sc. degree in the aforementioned discipline at the University of Manitoba.

I have served on the Senate Committee on Appeals from July 2016 to May 2017. I believe that my experience on the

Appeals Committee is particularly well suited for the VP Academic position as this job also requires one to serve on numerous Senate Committees among other things.

As VP Academic, I will advocate for graduate students on academic issues, represent graduate students' interests in Senate as a senator, arrange different academic workshops, and facilitate graduate student and teaching awards. I will also consult with graduate students to find out what academic workshops are needed and then organize those accordingly. Furthermore, I will increase involvement in Senate as a senator to better represent the academic issues faced by graduate students.

I was also involved with the UMGSA as a member of Events Committee from Fall 2019. During that time, I gained experience about organizing different events and particularly how to make a successful one

Etinosa Osemwota

Vice-President Services & Support | vpss@umgsa.org

Hello, graduate students! My name is Etinosa Osemwota, and I am a second-year master's student in the Department of Food and Human Nutritional Sciences. I am currently researching the physicochemical and structural properties of lentil proteins, with the aim of discovering ways to incorporate lentil protein isolates as functional ingredients in food formulations. I have been involved in the organization of several academic, religious, and social events or workshops, and I currently volunteer at Bicycle Valet Winnipeg, as well as St. Amant. When I am not working, I love reading books, cooking, and learning new crafts.



As your UMGSA Vice President Services and Support (VPSS), I will work diligently with you and for you to ensure that all graduate students can make the best out of the time spent while studying. To do that, I will continue the improvement of various aspects of student life, including mental health care, active living, health care, and social engagement, among other pressing issues.

It will be great to hear any concerns, suggestions or feedback you may have, so feel free to contact me by email or at the UMGSA office during my office hours. I look forward to a remarkable year with you all!

Azeez Akeem Abiodun, Senator 1 | senator1@umgsa.org

My name is Azeez Akeem Abiodun and I am a second year PhD candidate in the Biomedical Engineering program under the supervision of Dr. Rodrigo Franca. I had my BSc and MSc in Physics from University of Ibadan, Nigeria and a MSc in Materials Science and Engineering from African University of Science and Technology, Abuja, Nigeria. I am a recipient of Nelson Mandela and Petroleum Development Technology Fund (PTDF) Scholarship awards.



I served as the Public relation officer (PRO) for the Faculty of Science Student Association (FASSA), University of Ibadan chapter 2009-2010 where I was the mouthpiece of the association. I also served as the Vice President Education (VPE) for MIA Toastmaster club in Winnipeg, Manitoba 2019-2020. As a VPE, I monitored the speaking and vocabulary growth of each member of the club and I offered advice on how to further develop themselves.

As a senator during the 2020-2021 term, I will represent the interest of the graduate students on different Senate and Council committees.



Hello graduate students, my name is William Dowie and I am currently working on my thesis in the Master of Environment program on urban ecological design. I am a strong proponent of interdisciplinary research, pursuing my current project through the NRI here at the U of M, in conjunction with the research units of environment & geography, city planning, and biosystems engineering. I am self-proclaimed naturalist, a lover of ecology, and follower of Aldo Leopold's landscape ethos.

Outside of the university, I am a thirty year plus environmental consultant. I hold an Applied Management Certificate for non-profit organizations, a Masters Certificate in Project Management, and am a certified permaculture designer, master gardener and an accredited LEED (O+M) professional. A former Instructor in Prairie Horticulture (arboriculture), I continue to coach homeowners as an independent Ecological Landscaper. I am a past vice-president of UMGSA and have served on several boards and committees — within universities, non-profits, and government. In addition to this, I am a Past-President of the Green Action Centre - the province's largest environmental non-profit organization.

My current position in the UMGSA is as one of your graduate student Senators, and dedicated representative on the University of Manitoba Sustainability Committee.

Ruth Prokesch,
Office Manager | [204-474-9181](tel:204-474-9181) | gsa@umgsa.org



Welcome Grad Students! I would like to introduce myself to those of you who are new to the UMGSA.

I'm the Office Manager, and in times when our actions are no longer determined by COVID-19, I will probably be the first face you see when you come by the office at room 221 UMSU University Centre (right above the Bookstore). Check out all the services that the UMGSA has to offer you. If you have attended a conference, and have applied for a Conference Grant, I will be the person to see to get your cheque.

I love graduate students, and learning about who you are, and where you come from. The UMGSA Office is YOUR office. Once the office is open again, you are always welcome to come by to use the computers, printer, or scanner. You can study, use the microwave, eat your lunch, or just relax and admire our jungle! We have floor to ceiling windows, and wall-to-wall plants! It is bright and welcoming, and a relatively quiet space and we encourage you to use it. (And we sometimes have baby plants to give away, so if you're interested, just ask.)

I am looking forward to meeting you . . .

Julia Minarik,

Governance & Communications Coordinator | gcc@umgsa.org

Hello Grad Students! I'm Julia Minarik, an M.A. Student in Philosophy at the U of M and your UMGSa Governance and Communications Coordinator.



I manage the UMGSa Social Media, send out the newsletters and put together the UMGSa Handbook. I am an ex-UMGSa Senator (2019-20), and am passionate about sustainability.

To offer a brief and academic centric self-portrait: I graduated with a B.A. (Hons) in Philosophy & Economics in 2018, and am currently enrolled in an MA in Philosophy with a focus on philosophy of art and metaphysics. My side reading includes an ever-dependable stack of gothic fiction, and has more recently seen the addition of some well-known science fiction that I have heretofore criminally neglected. My one and only dream is to teach philosophy in some capacity. I am currently between degrees, working with the UMGSa and as the Managing Editor of the American Society for Aesthetics Graduate Journal.

I am thrilled to meet you, and assist you in any way that I can.

UMGSa Office Services

The public accessibility of the UMGSa Office during the 2020-21 year are subject to the UMGSa's current **COVID-19 restrictions**. **The UMGSa is closed for the 2020 Fall term. See page 9.**

The UMGSa office is located at 221 UMSU University Centre. The office has a lounge space where students are welcome to come and study, relax, or hang out when it is open. We also have a small kitchen with a microwave, fridge, kettle and coffee maker.

Two Windows and one MacIntosh computer are available for student use. We offer free scanning, plus discounted printing and photocopying services. Please note that in order to keep prices low, we only accept cash.

PHOTOCOPYING & PRINTING PRICES:

\$0.05 for 1 or 2 sided (8.5x11 or 8.5x14)

\$0.10 for 1 or 2 sided (11x17)

UMGSA Lounge

Did you know that as a graduate student at the University of Manitoba, you can book our lounge for free? The UMGSA Lounge at 217 UMSU University Centre can fit up to 80 students, and comes with chairs, tables, a projector and screen. It's perfect for meetings, movie screenings and social events.

To book our lounge, send us an email at gsa@umgsa.org or stop by our office during business hours at 221 UMSU University Centre.

DISCLAIMER: The public accessibility of the UMGSA spaces, including the UMGSA Office and UMGSA Lounge during the 2020-21 year are subject to the UMGSA's current **COVID-19 restrictions**.

For more information on the current restrictions, see our website, or e-mail Ruth, our Office Manager at gsa@umgsa.org

Connect With Us

Each month, we send out an email newsletter to your student email address with information about scholarships, grants, extra-curricular activities and more. If for any reasons you are not receiving our emails, send us a message at gsa@umgsa.org.

For more information on upcoming events, programs, or for contact information, visit the UMGSA website at www.umgsa.org. Be sure to follow us on social media to keep up to date on our upcoming events, campus news, UMGSA services and more.



[@uofm_gsa](https://twitter.com/uofm_gsa)



[@UManitobaGSA](https://www.facebook.com/UManitobaGSA) (Page)
[UMGSA](https://www.facebook.com/UMGSA) (Group)



[@UofM_GSA](https://www.instagram.com/uofm_gsa)

Our Governance

COUNCIL

The UMGSA Council is composed of the UMGSA Executive team and representatives from all the graduate departments at the University of Manitoba. The directive of the Council is to oversee the activities of the UMGSA, and to provide further direction to the UMGSA Executive. Council meetings take place once per month from August to May (except December) and are open to all graduate students. Meeting documents can be obtained from the UMGSA website (www.umgsa.org), or by e-mailing gcc@umgsa.org.

INTERNAL COMMITTEES

There are numerous UMGSA internal committees that exist in order to help carry out the business of the organization. These committees include Bylaws and Policy, Executive Review, Awards, Finance, Events, and Services and Support. Committees review specific materials and make recommendations to Council. Committees are always looking for volunteers and student input. Please stop by the office or email pres@umgsa.org if you are interested in getting involved.

ANNUAL GENERAL MEETING

The most important and highest decision-making body within the UMGSA is the student body. Every year, the UMGSA holds an Annual General Meeting (AGM) in which every student has one vote, speaking rights, and the right to move and second motions. It is your chance to be heard, so please attend! Contact: gcc@umgsa.org to find out the date, time and location of the next AGM.



Photo provided by the University of Manitoba Marketing Department

Our Student Services

APPEALS

If you require assistance with an academic appeal, contact your VP Academic at vpa@umgsa.org. They can advise you about your rights and guide you through the appeals process.

SOCIAL EVENTS

Watch for events such as orientation, socials, films, sporting activities, and games. Most events serve free food. Check out www.umgsa.org for the latest events or email vpss@umgsa.org. If you are a graduate student and there is an event you would like the UMGSA to organize, please do not hesitate to contact us. We want to hear your thoughts and ideas!

HOLIDAY HAMPER PROGRAM

Each December, the UMGSA provides holiday hampers to graduate students in need. To apply, go to www.umgsa.org/holiday-hamper-program/ in late November, or call our office at 204-474-9181.

ADVOCACY

The UMGSA speaks out on issues that matter to graduate students. Recent campaigns have included advocating for provincial health care coverage for international students, signing onto the Our Turn initiative to end sexual violence on campus, and making a financial commitment to ensure childcare on campus. To learn more, contact our VPSS at vpss@umgsa.org.

Our Grants

CONFERENCE GRANTS

The UMGSA Conference Grant is available for all graduate students attending or presenting at conferences. For application forms, more details and instructions on how to apply, visit www.umgsa.org/conference-grant/.

DEPARTMENTAL GRANTS

The UMGSA Department Grant is available to departmental graduate students' associations that are actively participating in the UMGSA Council. This includes regular attendance at Council meetings and participation on an internal UMGSA Committee. Departmental grants are allocated in two disbursements, one in December, the second in April. Applications can be found at www.umgsa.org/department-grant/ and must be submitted by November 1 and April 1.

SPECIAL PROJECT GRANTS

These grants are available for projects, events or initiatives that benefit the graduate student population. Past projects have included guest speakers, professional development workshops, and graduate publications. Applications are available online at www.umgsa.org/special-project-grant/. Grants will be disbursed monthly.

Our Awards & Emergency Grant

GRADUATE STUDENT AWARDS

Each year the University of Manitoba Graduate Students' Association confers peer-to-peer recognition of graduate students who are currently not recognized by the University of Manitoba Graduate Fellowship or major national awards. Awards are available for full-time, part-time, masters and PhD students. For more information on these awards please check www.umgsa.org/student-award/ or e-mail vpfa@umgsa.org.

GRADUATE TEACHING AWARD

The UMGSA Teaching Award recognizes professors who have made, in the estimate of students, a significant contribution to the teaching profession and to the lives of students. The award includes a cash prize of five hundred dollars (\$500.00) and a scroll given at Fall Convocation. Graduate Students are encouraged to nominate their thesis advisor, seminar or course instructor, or a faculty member with whom they have conducted research. The UMGSA Awards Committee is interested in individuals who display a dedication to knowledge and sensitivity to their students and the student community. Nomination forms are available at www.umgsa.org/teaching-award/.

GRADUATE STUDENT EMERGENCY GRANT

The fund is administered through the UMGSA for students who find themselves in exceptional or emergency circumstances. Please visit the Financial Aid and Awards Office and the Faculty of Graduate Studies first if you are experiencing financial hardship. Once you have done so, please visit www.umgsa.org/emergency-grant/ for more information and to download the application form.



2018 UMGSA Award Recipients

From left: Abigail Wideman, Puyan Mojabi (Teaching Award), Jeremy Siemens, Dustin Ameis, and Ana Carla Fernandes. Not pictured: Rina Whitford.



SUPPORTING INDIGENOUS GRAD STUDENTS



For information about **SAGE (Supporting Aboriginal Graduate Enhancement)**,
contact the Indigenous Graduate Student Success Coordinator
at Migizii Agamik – Bald Eagle Lodge:

204 227 2671 | UMANITOBA.CA/STUDENT/INDIGENOUS



University
of Manitoba

Indigenous Student Services

INDIGENOUS STUDENT CENTRE

Migizii Agamik - Bald Eagle Lodge
114 Sidney Smith St.

204-474-8850
isc@umanitoba.ca
umanitoba.ca/indigenous

The Indigenous Student Centre (ISC) is responsible for welcoming and supporting Indigenous students, as well as providing opportunities for students to learn about First Nations, Inuit and Métis culture. The Indigenous graduate student success coordinator provides supports, resources and peer networking opportunities to Indigenous graduate students and Indigenous applicants who are interested in pursuing graduate studies.

Vision:

The University of Manitoba is recognized as a sacred space where every Indigenous student is empowered with the resources needed to achieve academic success and cultural and spiritual wellbeing so that they can grow as leaders in their communities and fields of study.

Mission: The ISC provides holistic supports, services and opportunities so that students will feel a sense of belonging, be affirmed in their identities, have meaningful experiences and achieve authentic success. The ISC creates opportunities for students, staff, faculty and the wider community to learn about, celebrate and honour Indigenous cultures, knowledge, languages and ways of being.

Values: The ISC has adopted Guiding Principles based on the Seven Sacred Teachings as their core values. They guide the process of engagement for all members of the ISC as we work to serve the students and the community of the University of Manitoba as well as the larger community.

RESOURCES

The Indigenous Student Centre offers a variety of resources for Indigenous students at the University of Manitoba. For more information on the resources below, stop by the Centre, visit umanitoba.ca/indigenous/ or call 204-474-8850.

Financial Wellness	Elders-in-Residence
Career Resources	Indigenous Circle of Empowerment
Housing	Peer Support - Neechiwaken
Daycare	Student Associations
Student Advisors	Teaching & Sharing Circles for Women
Indigenous Student Centre Tutors	Monthly Full Moon Ceremonies
Blankstein Momentum Program	Counsellors & Psychologists

Indigenous Student Services (cont.)

SAGE - Supporting Aboriginal Graduate Enhancement

SAGE offers holistic programming that supports your cultural, academic, personal and professional development throughout your master's-level and doctoral studies at the University of Manitoba. Programming is open to all graduate students who identify as Indigenous.

Our goal is to provide an inclusive environment, and many of our gatherings are open to allies and graduate students from other academic institutions. For more information, please visit umanitoba.ca/student/indigenous

Fort Garry Campus Student Services

LIBRARIES

There are nine libraries on the Fort Garry campus which cater to a variety of academic disciplines. The libraries offer computer access, reference software, statistical and document editing software, microfiche and microfilm viewing, black and white or colour printing, and scanning. There are also study rooms and carrels, and computer labs that can be booked. The libraries offer many workshops that teach you how best to search for information and use RefWorks. Visit www.umanitoba.ca/libraries for more information.

RECREATION FACILITIES

The Active Living Centre is one of the newest and most advanced fitness and recreation centres in the province of Manitoba. Fees are automatically accessed with your tuition, so take advantage of the excellent facilities Recreation Services provides. Visit www.umanitoba.ca/activelivingcentre/ for opt-out options, hours, facility and booking information. The Active Living Centre adds to existing recreation services provided in the Frank Kennedy Centre and the Max Bell Centre on the Fort Garry campus.

STUDENT HOUSING

Residences are available on campus. Please visit www.umanitoba.ca/housing to apply for residence. If you are looking for off-campus housing, some resources are available at och.cc.umanitoba.ca.

International Student Services

INTERNATIONAL CENTRE

541 UMSU University Centre

204-474-8501

international@umanitoba.ca
umanitoba.ca/international

The University of Manitoba's International Centre offers a variety of services and supports for students, staff and faculty. As an international graduate student, you can access:

- ***Orientation and welcome programming*** - helps with your transition to Canada and your studies at the U of M, and allows you to connect with other international students
- ***International student advising*** - one-on-one and group advising on a variety of topics, from personal matters to academics to assistance with finding information on immigration-related matters as they relate to your studies in Canada
- ***Workshops and information sessions*** - useful in-person sessions throughout the year on different subjects
- ***Online resources*** - international student resources with information related to life in Canada and your studies
- ***Fun events*** - exciting social events, both on and off campus
- ***Intercultural programs*** (open to all U of M students) - includes the Intercultural Leaders, internships with Students Without Borders, plus pre-departure orientation
- ***Travel safety*** (available to all U of M students, staff and faculty) - travel risk management information and supports like International SOS

INTERNATIONAL STUDENT HEALTH COVERAGE

For information about international student health coverage, including frequently asked questions, visit the Manitoba International Student Insurance Plan website at www.misip.ca. Details surrounding 2020/2021 international student health coverage are available on the website.

Health and Dental Plan Information

Room 150, UMSU University Centre
www.ihaveaplan.ca

204-474-6666
healthplan@umsu.ca

Full-time graduate students are automatically members of the UMSU Health and Dental plan, and are assessed a fee in the fall term or upon registration into their graduate program. Part-time graduate students are not automatically assessed the fees, but they are eligible to opt-in to the plan directly through the UMSU Health & Dental office. Students already covered by a health and/or dental plan through another source (i.e. employer, spouse or parent) can opt-out of the plan. Students may also coordinate existing benefits with the UMSU plan and/or enroll a spouse or dependent(s) for an additional fee. If you have any questions about the UMSU Health & Dental Plan, please feel free to call 204-474-6666 or email healthplan@umsu.ca.

MEMBER INFORMATION/MANITOBA BLUE CROSS CUSTOMER SERVICE

Once accounts are active in the StudentCare system, claims for services can be made directly to Manitoba Blue Cross or to StudentCare using the ihaveaplan mobile app. Forms can be accessed through umsu.ca/services-and-support/health-dental/ or picked up at the Health & Dental Office in UMSU University Centre. Questions about your personal claims should be directed to Manitoba Blue Cross at 1-800-USE-BLUE. Students can access detailed plan information at www.ihaveaplan.ca. Your group number is 88 and your individual ID number is 88 followed by your seven digit student number.

OPTING-OUT (WAIVING ENTITLEMENT TO PARTICIPATION)

Students who are already covered by a private health and/or dental plan (i.e. employer, spouse, parents) can opt-out through an online process at ihaveaplan.ca and you can check for deadlines at umsu.ca/services-and-support/health-dental/.

ADDING FAMILY COVERAGE

Students eligible for the plan are also eligible to add Family Coverage. Please check the Health and Dental office or website to opt-in and purchase family coverage.

LATE REGISTRATION (GRADUATE STUDENTS)

UMSU understands that a number of Graduate Students will not be registered prior to the September opt-out deadline. When grad students who register late are assessed the Health & Dental fees on their tuition, the University of Manitoba Registrar's Office will notify the UMSU Health & Dental office. You will have 10 business days from the date of registration to file an opt-out claim with the UMSU Health & Dental Office. Students who wish to be a part of the plan and do not opt-out will be activated in the Manitoba Blue Cross system and required to pay the Health & Dental Fee.

See inside cover page for the health and dental plan graphic.

Resources for Grad Students with Families

FAMILY-FRIENDLY SPACES

UMGSA Office - 221 UMSU University Centre, Fort Garry Campus

The UMGSA Office is now designated as a family-friendly space on campus! Any graduate student parent wishing to feed, pump or nurse is welcome to use our office, during our office hours (9am - 4pm, Monday to Friday), to do so. Our office space is a safe environment and comfortable place for you to feed your little bundle of joy!

To find more resources on family-friendly areas on campus, a full list of changing tables, and important details about childcare, please visit umanitoba.ca/childcare.

Once again, the availability of the Office and Lounge are subject to the UMGSA's current Covid-19 restrictions, which can be found on our website. At this time the Office will be closed during the Fall semester.

CAMPUS CHILDREN'S CENTRE

The Campus Children's Centre is a public early learning program located on the Fort Garry campus of the University of Manitoba. They are a 138 space centre, providing care for children from the ages 3 months to six years of age. Use of the Centre is exclusively available for children in the care of staff and students of the University of Manitoba.

The UMGSA is pleased to fund the Centre with a recurring donation of \$30,000 over ten years, for a grand total of \$300,000. The donation was made to secure spaces for the children of University of Manitoba graduate students. The Centre's expansion was successfully opened in January 2019.

The Campus Children's Centre is located at the corner of Dysart Road and University Crescent. Their building has designated infant and toddler rooms, mixed age preschool rooms, a large muscle room and a fully functional kitchen. They also have a gorgeous, natural green space, easily accessible directly beside the centre.

Spots are allocated on a first-come, first-served basis, and demand is high, so make sure you register well in advance through Manitoba's Online Child Care Registry. To learn more about the Campus Children's Centre, visit campuschildrenscentre.com.

SEXUAL VIOLENCE RESOURCE CENTRE

The Sexual Violence Resource Centre provides support, resources, information and referral services for any student, faculty or staff member who has been affected by sexual violence—either directly or because they are providing support.

Contact the SVRC for information or to schedule an appointment:
204 474 6562 or svrc@umanitoba.ca

All services are confidential
Available Monday to Friday 8:30–4:30 PM



**WE ARE STRONGER.
REACH OUT FOR HELP.**

#UMTOGETHER
UMANITOBA.CA/SEXUAL-VIOLENCE



University
of Manitoba

Winnipeg Cost of Living

SEE: [COST OF LIVING WINNIPEG FOR MORE INFO.](#)

PHONE ~ \$80.00/month

- [Bell](#)
- [Fido](#)
- [Koodo](#)
- [Public Mobile](#) (cheapest and of good quality if you already own a phone, also lets you text world-wide without extra cost)
- [Rogers](#)
- [Telus](#)

INTERNET ~ \$60.00/month

- [Bell/MTS](#)
- [Shaw](#)

Both MTS and Shaw have good student plans, be sure to negotiate with them, they're often willing to lower their prices. Most of them increase after a year, if they do this, threaten to switch to the other one and they'll lower your costs again.

RENT ~ \$800.00/month

Rent varies pretty dramatically depending on where you go in the city and how many roommates you have. With 2-4 roommates you can pay as little as \$450.00 and on your own as much as \$1100.00

- [Globe Property Management: Apartments For Rent](#)
- [Trovit: Houses and apartments for sale and for rent](#)
- [Rentals.ca Apartments, Condos and Houses for Rent Across Canada](#)
- [Rent Canada](#)
- [Towers Realty](#)
- [Winnipeg Rental Network](#)
- [Zumper](#)
- [Kijiji](#) (great for finding low budget rentals but be cautious and avoid paying before seeing the apartment)

HEAT/ELECTRIC/GAS ~\$85.00 for a 500 square foot apartment

Overall, about \$1025.00 a month for bills and with food and other things factored in about \$1800.00/month for one person.

Transportation to the Fort Garry Campus

BUS

The U-Pass provides unlimited access to Winnipeg Transit services for full-time University of Manitoba students in exchange for a mandatory fee. The U-Pass fee is automatically assessed on your Aurora account for each Term for which you are eligible. For more information visit:

www.umsu.ca/services/u-pass

Tickets, peggo cards, and passes are sold at Answers Information Booth on the first floor of UMSU University Centre. For up-to-date information on schedules and routes, visit:

winnipegtransit.com/en/navigo

CARPOOLING

Visit gomanitoba to find a carpool to the University of Manitoba.

PARKING

Student parking is available through Parking Services. For current parking rates, locations and other information:

204-474-9483

parking@umanitoba.ca

www.umanitoba.ca/parking

After 4:30 p.m. on weekdays, weekends and statutory holidays, free parking is available in most staff, student, meter and Pay & Park lots. This does not include 24-hour reserved areas, restricted areas, "N" Lot (evenings, weekends and holidays) and the University Parkade.

BIKE

The University Parkade Bike Station is located on the ground level of the University Parkade, the Bike Station is a covered, enclosed parking facility for 100 bikes, secured with a card-lock system. Fill out a registration form for access. U of M card programming available through Physical Plant. \$10 admin fee applies. A self-serve bike repair centre is adjacent to the parking area. To register, fill out this form and bring to the Welcome Centre (423 University Crescent):

[Bike Parkade Form](#)

Bike racks are also located around campus, or you can rent a spot in one of 16 bike lockers on the Fort Garry Campus by visiting:

umanitoba.ca/bikelockers/

The UMCycle Bike Kiosk is a full-service bike shop, located at the intersection of the Curry Place Pedway and Sidney Smith Street, in the centre of the University of Manitoba Fort Garry Campus. They have parts and accessories for sale and do installation, adjustments and overhauls of all systems of the bike. The shop is accessible with a ramp leading to the automatic main door. Students get a 25% discount on services. Self-serve bicycle repair stations with pumps are available in front of the Brodie Centre at Bannatyne Campus.

Contact the Bike Kiosk:

204-474-8484

UMCycle@umsu.ca

[UMCycle on Facebook](#)

U-Pass Update 2020-2021

Given the Covid-19 epidemic, there will be no U-Pass for the Fall Term.

Since the U-Pass is a subsidized fee, it requires a certain number of students to be enrolled in order to maintain the price point. Unfortunately, the graduate student population is not high enough to support the pass on its own given that the undergraduate students have opted not to enroll in the program for the Fall Term.

There is no information at this time about whether the U-Pass will be reinstated for the Winter, 2021 Term.

A post-secondary pass is available for a price of \$278.00 for the Fall Term from any Winnipeg Transit retailer. The UMGSA is currently looking into how to assist students who may not be able to afford the extra cost.

For more information [CLICK HERE](#)

UNIVERSITY OF MANITOBA
Faculty Association



Fighting for better working and learning conditions
at the University of Manitoba since 1951.

100-29 Dysart Rd (204) 474-8272 faum@umfa.ca www.umfa.ca

U-PASS



WHAT YOU NEED TO KNOW ABOUT THE U-PASS

What is the U-Pass?

The U-Pass is a universal transit pass which provides unlimited access to public transportation services in exchange for a mandatory fee for all Full-Time students. You can use your U-Pass to ride Winnipeg Transit buses for the entire Term without additional fare.

Who is eligible for the U-Pass?

All Full-Time undergraduate and graduate students who are members of UMSU or the GSA are automatically assessed the U-Pass fee. If you are assessed the fee in Aurora, you are eligible to pick up a U-Pass.

How do I pay for the U-Pass?

Students who are eligible for the U-Pass will be assessed and must pay the U-Pass fee along with their tuition in each Term for which they qualify. Student fee assessments are available on Aurora.

How do I get the U-Pass?

The U-Pass can be picked up starting mid-August in University Centre (Fort Garry campus) and Answers at the Bannatyne campus. Bring your student card!

How do I use the U-Pass?

You must show both your U-Pass and student ID with the valid U-Pass sticker when boarding a Winnipeg Transit bus. If the appropriate student ID is not presented, students risk a fine and confiscation of the U-Pass.

When can I use the U-Pass?

The Fall Term U-Pass is valid September 1 – December 31. The Winter Term U-Pass is valid January 1 – April 30.

What are the benefits of the U-Pass?

- You can use your U-Pass to ride any Winnipeg Transit bus anywhere in the city, not just to campus – work, shopping, events, and more! Explore our great city, take a break from traffic stress to study on the go, and get as close to your on-campus destination as possible with bus stations in the heart of campus.
- Save on fuel and parking by taking the bus! A U-Pass saves over \$300 compared to a University of Manitoba parking pass, and is the lowest fare available for regular monthly transportation.
- Taking the bus is an environmentally friendly and sustainable way to travel! Sharing journeys reduces carbon emissions, traffic congestion, and the need for parking spaces.

Can I share or sell my U-Pass?

No. The U-Pass is not transferable. Anyone caught selling or in possession of a sold U-Pass or one originally issued to another student will face fines and/or confiscation of the U-Pass.

Can I opt out of the U-Pass?

Only students who have been assessed the U-Pass fee and can provide appropriate documentation of one of the opt-out criteria may apply to opt out. The following are valid criteria for opting out successfully:

- Commute from a residence outside the City of Winnipeg boundaries
- Registered with CNIB or Handi-Transit
- Co-op student, student studying outside Canada, or student conducting research outside the City of Winnipeg for 60 days or more during the Term
- Employee of Winnipeg Transit

How do I opt out of the U-Pass?

Opt-out applications will be available September 1. For more details and requirements visit umsu.ca.

I already have a U-Pass, do I need a new one?

If you had a valid U-Pass in Winter Term 2018, it will automatically reload as long as you are registered full-time in the Fall—you will just need a new Transit sticker for the current year.

Where do I go if I have more questions?

Email u-pass@umsu.ca OR

visit the UMSU Office at 101 UMSU University Centre OR

visit Answers Information Booth.



University of Manitoba
STUDENTS' UNION

Campus Safety

Security Services Department

423 University Crescent, Welcome Centre
204-474-9312

Emergency_Response@umanitoba.ca

The Security Services Department offers a variety of programs and services that help make our community safer and more enjoyable for students, staff and visitors. Security Services is available 24 hours a day, 7 days a week.

SAFEWALK

The Safewalk Program is available on both the Fort Garry and Bannatyne campuses. Students, staff, and visitors of the University community can request a Safewalk 24 hours a day, 7 days a week. Security Services will accompany an individual from one university location to another university location, to their vehicle or to the bus stop on university property. To make a SafeWalk request, call 204-474-9312.

AFTER HOURS OFFICE REQUESTS

Security Services provides after hour access to locked buildings and rooms when prior consent has been granted by a department or faculty. All requests must be made at least 24 hours before the required booking. Visit umanitoba.ca/campus/security/programs/1012.html to submit your request.

EMERGENCY PHONES

Code Blue Poles have been installed in several key remote areas of both the Fort Garry and Bannatyne Campuses. These stations consist of a 9-foot-high pole that will provide area lighting, project a visible blue light 24 hours a day, and provide instant two-way voice communication with the Security Services Department. The Code Blue Poles are a welcome sight when walking alone at night. These poles are highly visible and strategically placed at various locations throughout the campus.

Emergency Red Phones can be found on almost every floor of every building located at both Fort Garry and Bannatyne campus. These phones provide 2-way voice communication with the Security Services Department. When a Code Blue or Emergency Red Phone is activated, Security Guards will be priority dispatched to the location. While the Security Guards are on route, our dispatcher continues to have 2-way voice communication with the caller.

WHAT TO DO IN AN EMERGENCY

On Campus: In the event of an emergency, call 911 and then Security Services by dialing 555 on a local UM phone, #555 from MTS or Rogers cell phones, or 204-474-9341 from any other phones. Security staff will meet emergency responders at the scene of the incident.

Off Campus: Call 911.

Student Support Services

STUDENT ACCESSIBILITY SERVICES 204-474-7423
520 UMSU University Centre student_accessibility@umanitoba.ca
umanitoba.ca/student-supports/accessibility

FINANCIAL AID AND AWARDS 204-474-9531
422 UMSU University Centre
umanitoba.ca/financial-aid-and-awards

STUDENT ADVOCACY 204-474-7423
520 UMSU University Centre student_advocacy@umanitoba.ca
umanitoba.ca/student/advocacy

STUDENT COUNSELLING 204-474-8592
474 UMSU University Centre
umanitoba.ca/student/counselling
See page 27 of this handbook.

CAREER SERVICES 204-474-9456
474 UMSU University Centre cs.receptionist@umanitoba.ca
umanitoba.ca/student/careerservices

ACADEMIC LEARNING CENTRE 204-480-1481
201 Tier Building academic_learning@umanitoba.ca
umanitoba.ca/student/academiclearning

INFORMATION SERVICES & TECHNOLOGY 204-474-8600
123 Fletcher Argue support@umanitoba.ca
umanitoba.ca/ist

ENGLISH LANGUAGE CENTRE 204-474-9251
520 UMSU University Centre elc@umanitoba.ca
umanitoba.ca/elc

INTERNATIONAL CENTRE 204-474-8501
541 UMSU University Centre international@umanitoba.ca
umanitoba.ca/international

UNIVERSITY HEALTH SERVICES 204-474-8411
104 UMSU University Centre
umanitoba.ca/student/health

Student Support Services (Continued)

REGISTRAR'S OFFICE
400 UMSU University Centre
umanitoba.ca/registrar

204-474-9420
Different e-mails based on request.
See website.

STUDENT LIFE
225 UMSU University Centre
umanitoba.ca/student/studentlife

204-474-9093
student_life@umanitoba.ca

ENVIRONMENTAL HEALTH AND
SAFETY OFFICE
191 Extended Education Complex
[umanitoba.ca/admin/vp_admin/
risk_management/ehso](http://umanitoba.ca/admin/vp_admin/risk_management/ehso)

204-474-6633
EHSO@umanitoba.ca

HUMAN RIGHTS AND CONFLICT
MANAGEMENT
201 Allen Building
[http://umanitoba.ca/human_rights/contact.
html](http://umanitoba.ca/human_rights/contact.html)

204-474-6348
Human.Rights@umanitoba.ca

SEXUAL VIOLENCE RESOURCE
CENTRE
[umanitoba.ca/student-supports/sexual-
violence-support-and-education](http://umanitoba.ca/student-supports/sexual-violence-support-and-education)

204-474-6562
svrc@umanitoba.ca

SPIRITUAL CARE SERVICES
339B UMSU University Centre
[http://umanitoba.ca/student-supports/
spiritual-services](http://umanitoba.ca/student-supports/spiritual-services)

204-298-2467
edgar.french@umanitoba.ca

Student Counselling Centre

Student Counselling Centre

474 UMSU University Centre

204-474-8592

<http://umanitoba.ca/counselling/>

The Student Counselling Centre (SCC) offers professional counselling services, free of charge and confidential (our records are separate from all other records) to U of M students. Our services are available to you once you begin classes. **We are not offering in-person services at this time due to the Covid-19 pandemic but we are offering services via telephone and on-line video.** Please check our website to receive updates on our services and when we may be returning to in-person services. You can also learn about all our services by checking our website: <http://umanitoba.ca/counselling/>

Counselling GROUPS and WORKSHOPS are a great way for students to get help in a safe place, learn new skills, and connect with other students who have similar concerns. Our website will contain detailed information on each workshop and group available including how to register to attend.

WORKSHOPS

Counselling workshops usually include teachings on specific topics such as managing distress and painful emotions, developing conflict management skills, enhancing relationships skills, improving body image, etc. There is little to no personal sharing during workshops – instead will focus on learning and practicing skills and enhancing your knowledge. In addition to our workshops that are accessible to all students, we also have a workshop series only for Graduate Students that has been created with your needs in mind. We will be listing our workshops on our website and you will be asked to contact us to receive the link to the session.

GROUPS

Counselling groups differ from workshops in that they are more than one session and you will have the same people in your group week-to-week. Groups allow an opportunity for more in-depth help for your needs and groups offer encourage personal sharing. As with our workshops, to attend one of our groups, please check with our reception at 204-474-8592.

The SCC has lots of groups and workshops you can attend and usually has a workshop available each weekday. These services can help you quickly with stress, anxiety, depression, relationship problems and more. Check out our website to see what we're offering.

INDIVIDUAL AND COUPLE COUNSELLING

Individual and couple counselling is also available and students wishing to attend individual or couple counselling are invited to call our reception at 204-474-8592 for more information and to request an initial intake appointment.

SCC - Frequently Asked Questions

Q: DO YOU HAVE TO PAY FOR COUNSELLING?

A: No. There is no charge for counselling but you have to be a University of Manitoba student.

Q: IS THERE A LONG WAIT LIST FOR COUNSELLING?

A: Not necessarily. There is no wait to attend SCC workshops – there will likely be a workshop available on the day you want help! For individual counselling, there can be a wait after you have an initial intake appointment but we do prioritize individual counselling services based on need and some students don't wait. For example, students who have experienced sexual violence, students who are significant risk of harm to self or others, and students who are at significant risk of failing are prioritized.

Q: DOES THE SCC OFFER EMERGENCY AND CRISIS SERVICES?

A: While we are not a crisis response centre, we ordinarily will not turn away students who are in very high distress and who present in-person (e.g., having a panic attack, crying, described being a safety risk). We do not operate a telephone emergency/crisis service and therefore, while we are operating remotely during the COVID-19 pandemic, we encourage students to use one of the below crisis line services if needed:

- o Mobile Crisis Service (204-940-1781)
- o Klinik Crisis Line (1-888-322-3019)
- o First Nations and Inuit Hope for Wellness Services (1-855-242-3310)
- o Sexual Assault Crisis Line (1-888-292-7565)
- o Emergency 911

Q: CAN MY PARTNER GET COUNSELLING IF THEY ARE NOT A UNIVERSITY OF MANITOBA STUDENT?

A: Unfortunately no - with the exception of couple counselling. A University of Manitoba student and their non-student partner can get couple counselling together.

Q: ARE THERE LIMITS TO HOW MUCH COUNSELLING A STUDENT CAN GET?

A: Yes there are. Due to the very strong demand for counselling and our limited resources, we have to have some limits to how long a student can be in counselling to allow us to see as many students as possible.



NATURAL RESOURCES INSTITUTE

50 YEARS
1968-2018

Clayton H. Riddell Faculty of Environment, Earth, and Resources



The Natural Resources Institute proudly offers two interdisciplinary graduate degree programs - a Masters in Natural Resources Management (MNRM) and a PhD in Natural Resources and Environmental Management (NREM).

Looking for an excellent graduate program?

- Award Winning Sustainability Programs
- Resources and Environmental Management Career/Professional Focus
- Interdisciplinary program to support practical and applicable research
- Only school in Manitoba conducting graduate teaching and research specifically on natural resources and environmental management.

SEPTEMBER ADMISSION DEADLINE:

June 1 (Canadian/US) **February 1** (International)

JANUARY ADMISSION DEADLINE:

October 1 (Canadian/US) **July 1** (International)



www.umanitoba.ca/institutes/natural_resources

For further information contact us at:

Address: 220 Sinnott Building, University of Manitoba, Winnipeg, Manitoba R3T 2N2
Phone: (204) 474-8373 **Fax:** (204) 261-0038 **Email:** nriinfo@umanitoba.ca



BECOME A SUSTAINABILITY AMBASSADOR!

The Sustainability Ambassador Program aims to enhance engagement by offering opportunities to gain knowledge and skills while supporting the network of sustainability on campus. To become an Ambassador, email sustainability@umanitoba.ca.

University of Manitoba Health Sciences Graduate Students' Association



The Health Sciences Graduate Students' Association (HSGSA) is a sub-organization of the University of Manitoba Graduate Students' Association (UMGSA), with the primary directive of representing the interests of Health Sciences graduate students at the Bannatyne and St. Boniface campuses.

To further enhance the graduate community, the HSGSA organizes many events, academic programs, visiting speakers, and student socials throughout the year. This includes Research Days, Orientation, sporting events, and off-campus events. We came into office in a very critical time that drove us to quickly adapt to a virtual landscape. We continue to organize virtual social and academic events, more frequently than ever, and engage our members in a healthy virtual interaction. Our number one priority is to support our community of graduate students in any way possible and we have every faith that the current lockdown/restrictions imposed by the pandemic will be alleviated soon.

For more information please visit www.hsgsa.org or email Muhammad Aldhshan at vpmarketingevents@hsgsa.org

HSGSA Executive Team

The executive team is comprised of six elected members from the Bannatyne and St. Boniface graduate student bodies. This team is responsible for the day-to-day operations of the HSGSA: the President, Vice-President Internal, Vice-President External, Vice-President Academic, Vice-President Marketing and Events, and the Vice-President St. Boniface. All of the executive members are elected during the HSGSA general elections, held during spring of each year. If you're interested in running for the HSGSA in a future election, contact the HSGSA President at president@hsgsa.org for more information.



2020-2021 HSGSA Executive Team

Akshi Malik, HSGSA President | president@hsgsa.org



Namaste! My name is Akshi Malik. I am a PhD student in the Department of Physiology and Pathophysiology at St. Boniface Hospital Albrechtsen Research Centre (SBRC). My research interest is focused on doxorubicin induced cardio toxicity and role of SR stress.

My previous education is from India, where I have always been involved in organizing and leading social as well as academic events. I was an active volunteer with NGO UMEED and had taught under privileged children and adults in slum areas of Delhi, India. I am also a certified yoga trainer and would love to share this interest with you.

I am thrilled to serve as the President of the HSGSA and be the official spokesperson for health sciences graduate students. As part of HSGSA, I will focus on promoting and providing graduate student community to have a great university experience. In the course of COVID-19 situation, I understand the need of support and networking, thus me and my team will make whole-hearted efforts to make these tough times endurable for all of us. Looking forward to having good time with you all.

Muhammad Aldhasan, HSGSA Vice-President Marketing and Events | vpmarketingevents@hsgsa.org



My name is Muhammad Aldhasan. I hold a Bachelor of Dental Surgery from Sinai University in Egypt. Currently, I'm an MSc student in the Department of Physiology and Pathophysiology. I'm investigating the role of environmental and social interactions in the regulation of food intake and the associated hypothalamic activation. I'm looking forward to working for you and with you to establish a progressive and sustainable environment where your opinions and suggestions are heard, respected, and appreciated. I have experience in student governance from my previous

education in Egypt and I will utilize it to work with our community partners and local vendors to provide great experiences to our student body. I aim to forge new and long-lasting student-centered partnerships between HSGSA and the industry in Manitoba and Canada. As an international student, I will do my best to communicate any issue that international students face in our university. My executive agenda is based on equality, inclusivity, and sustainability. My previous experience has equipped me with the skills necessary to be successful as VPME. Please feel free to contact me at any time, I'm only an email away!

Toby Le,
HSGSA Vice-President External | vpexternal@hsgsa.org



My name is Toby Le and I am a Master student in the department of Medical Microbiology and Infectious Diseases (MMID). Before coming to Winnipeg, I did a Bachelor of Medical Sciences (BMSc) with an Honours Specialization in Microbiology and Immunology at the University of Western.

During my undergraduate education, I was involved in several student clubs and non-profit organizations. For several years, I volunteered as a swimming instructor for Swim Ability (now called SWAM), which is a not-for-profit student initiative that aims to provide accessible and affordable one-on-one swimming instruction to children with special needs. In addition, I also directed a drama performance which was showcased at the annual Ignite Vietnamese Cultural Show, also known as the biggest show of the Vietnamese students' community in Ontario.

Through the cultivation of my experiences in student organizations, I believe that I am equipped to serve you as your new Vice President External. I'm also a very approachable person and I welcome the opportunities to discuss with you about your concerns/questions. Together we can work to ensure you have access to the opportunities and resources you need to be successful.

Shayan Amiri,
HSGSA Vice-President St Boniface | vpstboniface@hsgsa.org



My name is Shayan Amiri and I hold a Master's degree in Biochemistry and Medical Genetics from University of Manitoba. Currently, I am a PhD student in the Department of Pharmacology & Therapeutics at St. Boniface Hospital Albrechtsen Research Centre (SBRC). I have a great leadership experience in research and team work since 2015, contribute to build international research collaborations during these years and will glad to share my experience with graduate students. I have been involved in volunteering activities in different social and academic

events during my graduate studies in Canada.

My vision is that all graduate students are enabled to develop the skills and confidence to achieve their goals and make their future careers when they study in a supportive learning environment. To do this, I plan to fill the gap between SBRC and Bannatyne/Fort Garry campuses and serve St. Boniface students by organizing workshops and job fairs that will help them with the skills needed to be successful in their future careers.

Marina Costa Fujishima,
HSGSA Vice-President Internal | vpinternal@hsgsa.org

Hello friends! My name is Marina and I am so excited to be serving as your Vice President Internal (VPI) this upcoming year. I am currently a MSc student in the Department of Immunology and my research focuses on the role of neutrophils in epithelial barrier disruption in women with non-Lactobacillus dominant microbiome and how that relates to HIV risk.



As your Vice President Internal, it is my responsibility to create a fiscal budget for this upcoming year and keep the council up to date on the HSGSA financial activity. Over my term, my main focus will be to ensure that the majority of the HSGSA budget is returned to the students in the form of awards, workshops and social events. I also hope to improve services that are offered to graduate students here at the Bannatyne campus. Please, feel free to come visit me or email me to setup a time to meet and chat about any issues you are going through, or see within the university. I am here to ensure all students are heard and their needs are met.

Javad Alizadeh,
HSGSA Vice-President Academic | vpacademic@hsgsa.org

Hi, my name is Javad and I am a PhD student in Human Anatomy and Cell Sciences (HACS) department here at UofM. My research is mainly focused on the role of mitophagy and extracellular matrix (ECM) stiffness in regulation of metastasis in Non-Small Cell Lung Carcinoma (NSCLC) model.



I moved to Winnipeg in 2015 to continue my graduate studies and have been a fellow member of UofM ever since. Before elected as the HSGSA VP-Academic last year, I used to be our department councilor to the HSGSA where I represented our department in HSGSA during my graduate studies. During this time, I have organized academic workshops, as well as social inter-departmental events and have been an active member in the department meetings on behalf of our students. I've been a volunteer in CancerCare Manitoba too where I help in fundraising and other events planned for the better wellness of cancer patients. I also take advantage of other volunteering opportunities in different other social and academic events both in and out of school.

As the HSGSA VP-Academic I have been and tried my best to be the voice of my fellow graduate students in the Bannatyne campus. I'm so excited to continue serving graduate students for the second consecutive year as the HSGSA Vice-President Academic. I try to carry out my duties as best as I can by maintaining a good relationship with graduate students and teamwork with my fellow executives.

HSGSA Student Government

HSGSA Council meetings are held on the third week of each month at the Bannatyne Campus (supper is provided!). Department representatives are elected at the beginning of each academic year, and council meets starting in the Fall term (September 2019). If you are interested in representing your department contact your current department rep, or e-mail us at president@hsgsa.org.

HSGSA STUDENT LOUNGE

The Health Sciences graduate students have a lounge at 402 Brodie Centre at the end of the hallway on the right. You can also book the room for student events (please give us at least 24 hours notice).

Students wishing to use the entertainment center may do so by contacting the VPME at vpmarketingevents@hsgsa.org.

We had to close down our office located at 114 Brodie Centre (behind Tim Horton's) at the Bannatyne campus until further notice, but we are very active in responding to emails and social media messages. We have set up a closed Facebook group, only open to HSGSA students, to provide support during this difficult time. We want students to have a platform to seek support and socialize with their fellow students.

SOCIAL EVENTS

Enrich your social life by coming out to meet your fellow grad students, win some prizes, and enjoy some free food! Stay up to date with our events by visiting our website (www.hsgsa.org), following us on Facebook (@HSGSA), dropping by our office, or emailing vpmarketingevents@hsgsa.org.

Scan this QR code to join the HSGSA support group.



@thehsgsa



@HSGSA



@UManitobaHSGSA



Bannatyne Campus Student Services

HEALTH SCIENCES LIBRARY

Neil John Maclean Library – 200 Level, Brodie Centre

You can get photo Student ID cards here (swipe card access needs to be authorized by your department), book seminar/computer lab rooms, gain computer access to 34 computers with software such as Endnote, SPSS, and Adobe Acrobat, workshops on PubMed (basic and advanced courses), RefWorks, EndNote, and much more!

libguides.lib.umanitoba.ca/health/

204-789-3464

healthlibrary@umanitoba.ca

BOOKSTORE

Health Sciences BookStore – 140 Brodie Centre

The Health Sciences BookStore supports the educational goals of the University of Manitoba's Faculty of Health Sciences. It provides course materials, professional medical reference materials, technology products, and a variety of medical equipment and supplies for Medicine, Rehabilitations Sciences, Pharmacy, Dentistry and Dental Hygiene. This is the only bookstore in Manitoba dedicated entirely to the Health Sciences.

umanitoba.ca/campus/hsbookstore

204-789-3601

medbookstore@umanitoba.ca

GYM

Joe Doupe Recreation Centre – Building J (Basement of Brodie Centre)

Membership fees are included in tuition, so all students can register at no extra cost. The membership allows you access to facilities at both the Bannatyne and Fort Garry campuses, as well as free fitness classes.

Regular Hours: Weekdays 6:00am-10:00pm Weekends 9:00am-7:00pm

umanitoba.ca/faculties/kinrec/facilities/jdc.html

204-789-3858

rec_services@umanitoba.ca

WHERE TO EAT

Bannatyne campus food services are located in the Brodie Atrium, and include Tim Hortons, Express, and Starbucks. During the Academic year all Bannatyne campus food services are open from 7:00 am – 6:00 pm, Monday to Thursday, and 7:00 am – 5:00 pm on Fridays.

Other places to eat at Bannatyne:

Hospital Cafeteria: Level 2, Green Owl Zone (Main hospital)

Guilty's Eatery: Main floor, Thorlakson Building

CanadInns Destination Health Science Centre 720 William Ave

Starbucks: CanadInns (720 William) & Brodie Atrium

Bannatyne Campus Student Services (Cont.)

SECURITY SERVICES

Please consider using Safe Walk after hours. Winnipeg is a beautiful city, with very friendly people, but just like any metropolis there are safety issues (especially around the downtown campus). Please always be aware of your surroundings and stay alert. Red phones are also located around the campus that link directly to security services. In an emergency, dial 911 first and then call Security Services.

S105 Medical Services Building

204-789-3330

555 on UM phones or #555 on MTS/Rogers

BANNATYNE CAMPUS SAFE RIDE

University of Manitoba Security Services is pleased to announce that it is expanding its Safe Walk initiative to include a Safe Ride component. Safe Ride is a service provided to members of the University community as a safe and free alternative to walking alone after dark. The Safe Ride program will operate daily (Monday-Friday) until 12:00am. Security Services will pick up a student, and faculty or staff member on campus and deliver that person to their vehicle within our Safe Ride boundaries, listed below. When the Safe Ride program is unavailable, students, faculty and staff can still utilize the Safe Walk program, which operate 24hrs per day 7 days a week, within the boundaries of the Bannatyne Campus.

Safe Ride Service Boundaries: North to Logan Avenue, South to Sargent Avenue, West to McPhillips & Banning Sts, East to Isabel Ave. **To request a Safe Ride, call 204-474-9312.** When you call, Security Services will ask for your name, pickup location, your destination, the number in your party and your phone number.

PARKING

Parkades are under the control of the Health Sciences Centre.

Please contact HSCparkingoffice@hsc.mb.ca.

For University of Manitoba parking: www.umanitoba.ca/parking.

BICYCLES

Bike racks are located around campus.

For access to the locked bike compounds, contact the HSC Parking Office by phone at 204-787-2715 or by email at HSCParkingOffice@hsc.mb.ca.

SERVICES FOR STUDENTS AT BANNATYNE CAMPUS

S211 Medical Services Building

Student Services is there to help with various issues including money matters, advocacy and accessibility, academic success, and issues related to health and wellness. They also offer various workshops for graduate students.

umanitoba.ca/student/Bannatyne

204-272-3190

bcstudentservices@umanitoba.ca

Bannatyne Campus Student Services (Cont.)

ONGOMIIZWIN INDIGENOUS INSTITUTE OF HEALTH AND HEALING
715-727 McDermot Avenue

Ongomiizwin was opened in 2017 to provide leadership and advance excellence in research, education and health services in collaboration with First Nations, Metis and Inuit communities. Its work is guided by Knowledge Keepers and Elders and helps to achieve health and wellness of Indigenous peoples.

umanitoba.ca/healthsciences/indigenous/institute/

Education	204-789-3892	Melinda.Fowler@umanitoba.ca
Health Services	204-789-3711	melanie.mackinnon@umanitoba.ca
Research	204-789-3250	OngomiizwinResearch@umanitoba.ca

FINANCIAL AID & AWARDS

Every Wednesday at T251 Bannatyne Services

umanitoba.ca/student/fin_awards	204-474-8197 awards@umanitoba.ca
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STUDENT COUNSELLING

S207 Medical Services Building

umanitoba.ca/student/counselling/bannatyne.html	204-474-8592
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St. Boniface Student Services

WHERE TO EAT

Hospital Cafeteria: Marché St-Boniface Located in the Everett Atrium (main floor) and the South Entrance.
Robin's Located in the South Entrance (just below Emergency). Open 24/7.

BUS

Please check www.winnipegtransit.com for up-to-date information on schedules and maps. Bus tickets can be purchased at the Hospital or at Answers.

Route 19 Marion-Logan-Notre-Dame	Runs along Notre Dame and stops by the Women's Hospital at the Health Sciences Centre.
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BIKE

Bike racks are located in front of the St Boniface Research Center Building and the I. H. Asper Building.

Keep learning.

Online from Anywhere.

As we have learned, there is no way to predict the future but you can embrace it and plan for change with online learning. We have the quality UM courses and programs to help you maximize your potential and move forward in your life and in your career.

Online Programs:

Program Development for Adult Learners

Transform lives through lifelong learning. Learn how to design and develop effective adult learning programs.

Business Analysis

Increase your analytical skills and your agility for a changing world with business analysis tools and techniques. Offered in partnership with the International Institute of Business Analysis (IIBA).

Management and Administration

Apply your learning and talents to help take an organization to the next level, and earn a CIM (Certified In Management) nationally recognized professional designation.

Quality Management

Learn how to lead the transition from quality control to quality excellence with quality management tools that can be applied in any industry.

Change Management

Prepare to lead the change in any organization with the only Change Management credential offered by an academic/post-secondary institution in Manitoba.

Applied Counselling

Help others. Explore the counselling process and learn to develop effective counselling strategies.

Human Resource Management

Become a leader in HR with innovative courses that correspond with the HR competency framework – providing eligibility for the CPHR designation.

Certificate in University & College Administration

Help lead higher education into the future, as an integral member of the administrative team.

Register now at umextended.ca/online, or call 204 474 8800 today.



Extended Education |  University of Manitoba

Follow us on      



There is more than one way to a rewarding career

Add a UM credential to your degree

Graduate students, you have choices. Whatever your professional goals, it is always wise to keep your options open. That's true now, more than ever before.

The reality is there are many paths to a successful and rewarding career, one that will keep you inspired and engaged, true to your values and priorities, and able to make a meaningful contribution to society. In addition to academia, there is a world of fulfilling possibilities open to you, across all industries and sectors.

You've worked hard for your degree and it will be an important asset, whatever professional path you take. Today, most graduate students are finding rewarding careers outside academia, so it's important—and never too early—to begin thinking about how to further cultivate your talents and potential.

Now, as you prepare to make the transition to the working world, it is a good time to begin planning your professional future. Why not make the University of Manitoba, Extended Education part of your plan? We have many pathways to help you get where you want to go.

Boost your marketability by coupling a UM Certificate with your degree. Extended Education is here for you, with programs and courses designed to help you maximize your potential and prepare for success.

Add one of our UM certificates to your resume and see what you can do.

Transform lives through lifelong learning with our Professional Development for Adult Learners program. Augment your analytical skills and increase your agility for a changing world with our Business Analysis program. Unlock and apply your learning to take an organization to the next level with our program in Management and Administration. Help lead higher education into the future with a Certificate in College and University Administration.

Continue your education with us and jump-start your career.

It's time to get started.

UMExtended.ca

Welcome to the Faculty of Graduate Studies

From Dr. Louise Simard

On behalf of myself and Associate Deans Drs. Michael Czubryt, Stephen Kirkland and Kelley Main, I would like to welcome you to the Faculty of Graduate Studies, commonly known as FGS. FGS oversees the administration of all of the graduate programs offered at the University of Manitoba. We take pride in ensuring the excellence of our graduate programs, and we seek to promote an educational environment that breeds success. Important and useful information about the supports we provide including awards and scholarships, professional development activities and resources is available on our website, which I encourage you to refer to for the most current updates. Also, please ensure that you regularly visit the UM Covid-19 and the Faculty of Graduate Studies Covid-19 webpages. We hope you have a great graduate student experience, and wish you all the best in achieving your goals!



The Graduate Studies office is currently closed to in-person inquiries due to COVID-19. Please contact the office by email at graduate.studies@umanitoba.ca.

All university buildings are closed with only limited access to employees deemed as essential to our work for the immediate future. The general public and students who are not in residence will not be able to access buildings on campus.

umanitoba.ca/graduate-studies/

AWARDS AND SCHOLARSHIPS

We distribute more than \$8,000,000 in funding annually to our graduate students in the form of scholarships, fellowships and bursaries. In addition, more than 600 different awards with a combined value of over \$1,000,000 are also available annually to graduate students. FGS also provides travel awards to help support students travelling to present their research and creative works. A searchable list of available scholarship, fellowships, bursaries and awards is available on our website.

webapps.cc.umanitoba.ca/gradawards/

GRADSTEPS

GradSteps is a series of professional development workshops available free to graduate students. Topics covered range from getting the most out of the library, to grant writing and career planning. Workshops are typically offered over the lunch hour. Students can both review available workshops and register for those of interest on the FGS website.

umanitoba.ca/gradsteps

Welcome to FGS (Continued)

SUPPORT FOR INTERNATIONAL STUDENTS

We work closely with the International Centre to support graduate students who have relocated from outside of Canada. The International Centre provides a range of services, such as information for those transitioning to Canada, finding a place to live, getting a campus buddy, registering for courses at the U of M, updating your visa, obtaining a driver's license, and much more.

umanitoba.ca/current-students/international

EVENTS AND OPPORTUNITIES

Stay up to date with the stories and accomplishments of our graduate students and learn about upcoming events and opportunities on our news and social media sites.

facebook.com/umgradstudies

news.umanitoba.ca/network/graduate-studies

twitter.com/umgradstudies

We are committed to supporting your efforts to succeed in your program. If you have any questions, I encourage you to contact us.

500 UMSU University Centre
umanitoba.ca/graduate-studies

204-474-9377
graduate.studies@umanitoba.ca

We hope you have a great graduate student experience, and wish you all the best in achieving your goals!

Dr. Louise Simard

Acting Dean of the Faculty of Graduate Studies

About the Faculty of Graduate Studies

The Faculty of Graduate Studies (FGS) oversees the academic quality and integrity of 47 doctoral, 93 Master's including a number of highly innovative interdisciplinary programs, so that students find success and opportunity from their research and training at the University of Manitoba. As the first university in Western Canada, we have a long and proud tradition of achievement and innovation in graduate scholarship. Graduate students are vital to making the University of Manitoba one of Canada's top research-intensive institutions.

We want to ensure that your graduate education and experience here at the University of Manitoba is the best it can be. We are committed to building a graduate culture that assures graduate student learning and self-reliance while fostering a timely completion of one's graduate studies. We are committed to providing exceptional administrative and academic service to our graduate students, faculty, and support staff. We are here to help you achieve your goals. If you have any questions regarding our programs, admission, scholarships, or bursaries, please contact us.

Information at a Glance

FACULTY OF GRADUATE STUDIES

204-474-9377

graduate.studies@umanitoba.ca

umanitoba.ca/graduate-studies/

CONTACT PERSON IN YOUR PROGRAM

umanitoba.ca/graduate-studies.faculty-staff

ACADEMIC GUIDE

umanitoba.ca/calendar

IMPORTANT DEADLINES

umanitoba.ca/faculties/graduate_studies/deadlines/index

RESEARCH ETHICS

umanitoba.ca/researchintegrity

FINANCIAL AID AND AWARDS

umanitoba.ca/graduate-studies/funding-awards-and-financial-aid

FORMS AND LEAVES OF ABSENCE

umanitoba.ca/graduate-studies/forms

PLAGIARISM

umanitoba.ca/student-supports/academic-supports/student-advocacy

PROFESSIONAL SKILLS DEVELOPMENT

umanitoba.ca/graduate-studies/student-experience/graduate-student-workshops

MSPACE

mspace.lib.umanitoba.ca/

libguides.lib.umanitoba.ca/gradhelp/theses

COPYRIGHT

umanitoba.ca/copyright

GRAD 7500 & GRAD 7300

umanitoba.ca/graduate-studies/student-experience/core-academic-requirements

FGS Question & Answer

Q: WHY ARE PROGRESS REPORTS REQUIRED?

A: At least one meeting per year is the minimum required to ensure that a graduate student has an opportunity to discuss their program progress thoroughly with the advisor (and advisory committee where appropriate), evaluate progress in the program since the last meeting, and plan a workable timeline for the next block of time in the program. This ensures that timely progress is made and “everyone is on the same page”.

Q: WHAT IF I NEED TO TAKE TIME OFF FROM MY PROGRAM?

A: If circumstances require a leave from your program, you have three different options: i) regular leave of absence; ii) parental leave of absence; and, iii) exceptional leave of absence. Regular leaves permit students to take time away from their programs but fees must still be paid, students must maintain continuous registration, and there is no change in the time permitted for completion of the degree. Exceptional (on medical or compassionate grounds) and parental leaves effectively stop the clock on time to completion of the program and fees are not assessed for the duration of the leave. Leaves of absence vary in duration depending on circumstances that must be presented in detail in the application to FGS.

Q: WHAT IF I HAVE A PROBLEM WITH MY ADVISOR?

A: Consult with your Unit’s Graduate Chair or Department Head. The Student Advocacy Office also is an available and helpful resource. If these steps do not resolve your concern, please feel free to contact FGS.

graduate.studies@umanitoba.ca

204-474-9377

Q: WHAT IF I HAVE BEEN ACCUSED OF ACADEMIC DISHONESTY?

A: Plagiarism, working with other students on an individual assignment, copying exam answers from another student, making up experiment results—are all examples of academic dishonesty that result in penalties ranging from failing a course to being permanently expelled from the University. The best course of action is to avoid, at all costs, violations of this nature. All students are required to take the GRAD 7500 Academic Integrity Tutorial and GRAD 7300 Research Integrity Tutorial within the first term of the graduate program. If you are unclear about what is meant by academic integrity, it is your responsibility to get educated, ask questions, and seek clarification. If you are accused of academic dishonesty, you are strongly advised to contact the Student Advocacy Office immediately for an appointment to discuss the details of the allegation, your rights, and how to deal with the subsequent investigation and penalty phases of the process. Visit umanitoba.ca/graduate-studies/studentexperience/core-academic-requirements for information.

Question & Answer (Continued)

Q: WHAT IF I FAIL A GRADUATE COURSE?

A: FGS requires that a graduate student achieve a grade of C+ or better on all courses in a student's graduate program and maintain an overall 3.0 GPA. If a grade lower than C+ is achieved, consult your unit's supplemental regulations to determine if you may be permitted to retake the course or replace it with an equivalent course (approved by your advisor and advisory committee, or your department head/designate). This remediation must be done within one year. Some departments do not permit remediation or replacement of failed courses, in which case a student may be required to withdraw from the graduate program.

umanitoba.ca/graduate_studies/admin/supplemental_regulations

Creating a Positive and Proactive Student/ Advisor Relationship

BEFORE YOU COMMIT: COMPATIBILITY

Is your prospective advisor a “good fit”—in terms of both expertise and personality? Does your prospective advisor have an active research program? Is this in an area that meshes well with your interests? How many other graduate students does your prospective advisor have? What do other students in the program say about working with your prospective advisor? What resources are available (financial, space) to support your work and are they sufficient?

EARLY ON IN YOUR PROGRAM: MUTUAL EXPECTATIONS

Do you fully understand the program requirements? Are these consistent with your expectations and your advisor's expectations? Are you fully prepared and committed to meeting these expectations? Are you in agreement as to timetables/deadlines for your program? Intellectual property rights: if applicable, have you discussed and come to an agreement on this?

ADVISOR STUDENT GUIDELINES (ASG)

The ASG is designed to provide a framework for discussion between advisors and graduate students registered in a thesis or practicum program and to establish guidelines to govern their relationship. It may be revisited at any stage of the student's graduate program to accommodate for changes in the Student-Advisor relationship.

The Advisor and the Student must review each of the points listed and must complete each box to confirm that the item has been discussed and understood. The ASG must be completed, via JUMP, prior to the commencement of any research and no later than the submission of the first Progress Report for the student.

umanitoba.ca/JUMP

Creating a Positive and Proactive Student/Advisor Relationship (Continued)

ONGOING...KEEPING IT MOVING: PLANNING

Do you have a plan that outlines required course work to be taken and when? Do you have a thesis research plan? Do you have a plan for identifying other members of your advisory committee? Do you have a plan for regularly meeting with your advisor?

umanitoba.ca/graduate-studies/student-experience/um-grad-goals

COMMUNICATION

Does your advisor know how to contact you (email, telephone, other)? Do you know how to contact your advisor when he/she is away from campus for a prolonged period of time (e.g., on research leave)? Do you have an agreed timeframe in which to reply to communication?

SUBMISSION, FEEDBACK AND REVISION ON WORK

How are you to present your work (written, oral, chapter-by-chapter)? Do you have an agreed-upon turn-around time for receiving feedback from your advisor? If you are planning to collaborate on publications—oral or written—do you have an agreement on authorship order?

DEADLINES AND OTHER RESPONSIBILITIES

You are ultimately responsible for meeting deadlines associated with your program—so make sure you plan ahead and talk/ask about your advisor's availability. Proof-reading and editing are your responsibility. Graduate study, while important to your career, is not your career, and should be completed in a timely manner. The thesis, therefore, should be no longer than necessary.

TIMING

Do you have an overarching timeline that charts your entire program, expected milestones and corresponding dates? Know your key goals, actions, and milestones as you work through your degree program.

umanitoba.ca/graduate-studies/student-experience/um-grad-goals

AWARDS

Graduate students seeking information on scholarships and prizes should contact the Awards Office at graduate.awards@umanitoba.ca in the Faculty of Graduate Studies. A complete listing of awards is on the web at

<http://umanitoba.ca/graduate-studies/funding-awards-and-financial-aid>



PRODUCE.
WRITE.
DJ.
LEARN.
PODCAST.
VOLUNTEER.

WHO WE ARE

UMFM is your radio station. We are a non-profit campus and community driven radio station.

We are run primarily by volunteers who are U of M students or members of the larger Winnipeg community.

WHY GET INVOLVED

BEEF UP YOUR RESUME

Communication and marketing experience, audio production, and public speaking are some of the valuable skills you can gain at UMFM.

BECAUSE RADIO IS AWESOME!

Being involved on air or behind the scenes at UMFM gives you a chance to share your voice with the world!

HOW TO LISTEN

- Tune your radio dial to 101.5 FM
- Stream our live feed or download your favourite show's podcast at www.umfm.com
- **There's an App for that!** You can listen on the "UMFM" app available on the Apple App Store and on Google Play
- Visit our SoundCloud profile, UMFM 101.5FM



 www.umfm.com

 **cjum 101.5 FM**

 **310 University Centre
University of Manitoba**

 **umfm1015**

 **umfm**

 **umfm1015**

Important Dates

September 7, 2020	Labour Day, University Closed
September 9, 2020	First Day of Fall Semester
September 22, 2020	Last Day to Drop Fall/Winter Span Classes with Refund
October 12, 2020	Thanksgiving Day, University Closed
November 11, 2020	Remembrance Day, University Closed
November 09–13, 2020	Fall Term Break
November 23, 2020	Fall Term Voluntary Withdrawal (VW) Deadline
December 11, 2020	Last Day of Fall Semester Classes
December 12 – 23, 2020	Fall Exam Period
Dec. 24, 2020 – Jan. 4, 2021	Winter Holiday, University Closed
Jan. 5–15, 2021	Fall Term Labs
January 18, 2021	First Day of Winter Semester
January 29, 2021	Fall/Winter Term Joint Classes VW Deadline
February 15, 2021	Louis Riel Day, University Closed
February 16 – 19, 2021	Winter Term Break
March 31, 2021	Deadline to Apply Online to Graduate for Spring 21'
March 31, 2021	Winter Term Voluntary Withdrawal (VW) Deadline
April 16, 2021	Last Day of Winter Classes
April 2, 2021	Good Friday, University Closed
April 19 – May 1, 2021	Winter Exam Period
May 24, 2021	Victoria Day, University Closed
July 1, 2021	Canada Day, University Closed
August 2, 2021	Terry Fox Day, University Closed