



UM | Faculty of Agricultural
and Food Sciences
Entomology

Course Title & Number: Insect Pest Management (ENTM0620)

Number of Credit Hours: 4 credit hours

Lectures: **Room 219 Animal Science/Entomology Building**
Monday, Wednesday, Friday. 9:30am – 10:20am

Labs: **Room 203 Animal Science/Entomology Building**
Section B1: Thursday, 10:00am – 11:20am
Section B2: Thursday, 1:00pm – 2:20pm

Instructor(s) Name: Dr. Kateryn Rochon

Email: kateryn.rochon@umanitoba.ca

In accordance with [University policy](#), electronic communication for instructional purposes must be sent to (and come from) your university email account.

I will do my best to respond to emails within 48h.

Office Location: Room 215-A Animal Science/Entomology Building
(walk into the lab, and my office is in the left-side corner)

Office Hours or Availability: **By appointment:** The best way to make sure you catch me is to schedule an appointment:

- 1) you can email me at and request an appointment (in person or online)
- 2) you can talk to me before/after class or lab

Drop-in: I am usually around 9:00am – 5:30pm. You can drop by whenever you like, but I can't guarantee I will be there, or available, unless you have an appointment.

I will NOT be available on Tuesdays 10:00am-1:30pm.

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General Information

This course syllabus is your Course Roadmap: it will help you plan for this course throughout the semester and describes what is expected from you. You can find a PDF copy of this syllabus on the course webpage in UMLearn (go to <http://umanitoba.ca/umlearn>) and use your UMnetID to login).

The Voluntary Withdrawal date for this course is: November 21, 2022.

Course Description

The focus of this course is on how to apply an integrated pest management approach to different agricultural systems.

Characteristics, damage, and identification; insecticide use and safety; life histories and control of common Manitoba livestock, field and farmyard insects. General principles of pest management in agriculture will also be discussed.

The weekly labs relate directly to the lectures and cover internal and external anatomical studies and the identification of beneficial and harmful insects common to Manitoba.

Topics covered:

- Anatomy, Physiology and Life History of Insects:
 - How insect growth, development and feeding relate to routes of entry of pesticides, modes of action of pesticides, and identification of damaging stages in field scouting
- Understanding and Using Classification Systems
- Insecticides:
 - Discuss different types of pesticides, major classes (OP's, OC's, etc.), and formulations of insecticides, modes of action and LD₅₀ concept
 - Advantages and disadvantages of insecticides and alternatives (pheromones, growth regulators, etc.); transgenic crops
 - Insecticide use and pesticide safety
 - Insecticide resistance and pest management
- Economic thresholds, economic injury level concept
- Pest Management in Animal Systems and Crop Systems:
 - Scouting techniques (general principles and specific to insects)
 - Factors affecting insect impact on crops or animals
 - How to relate life history of insects to identification of the problem and control strategies. Principles are illustrated using a variety of pests and crops (e.g. grasshoppers, flea beetles, aphids, wheat midge, corn borer, etc. Insects change depending upon class background and interests but include examples that allow discussion of all the applicable management criteria).
- Pest Management in Storage Systems:
 - How to sample, control strategies during storage, common pests

Course Objectives

At the completion of this course, students should be able to:

- Identify the most common livestock, crop, and stored grain pests in Manitoba, and classify them to Order.
- Explain basic insect development and life cycles.
- Define and apply the principles of Integrated Pest Management (IPM).
- Determine when control measures are required based on provided information.

Course Materials

Textbooks, Readings, and Manuals

Supplementary information and readings will be supplied on the course website on UMLearn.

Lab manuals are available at the UM Bookstore.

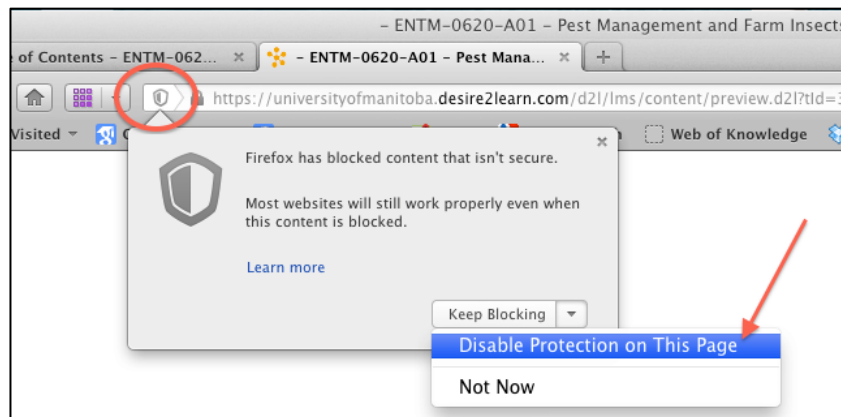
Course Technology: UMLearn

To access UMLearn, go to <http://umanitoba.ca/umlearn> and login using your UMnetID. Find “ENTM-0620 – Insect Pest Management” in the “My Courses” section, and click on the link to the course page.

Using UMLearn with Chrome or Firefox browsers:

The most recent versions of the software have different display settings for pages with mixed content (ex., embedded YouTube videos, links to public websites, etc.) preventing non-secure content to be displayed.

When viewing a page with mixed content in UMLearn, click the “shield” icon that appears on the right side of the address bar. In Firefox, select “Disable Protection on This Page”; in Chrome, select “Load unsafe script”.



Course Schedule

This schedule is subject to change at the discretion of the instructor and/or based on the learning needs of the students.

Some lectures will be pre-recorded and delivered online due to the instructor's research commitments. Students will be advised at least 24 hours ahead.

Lectures may be delivered synchronously online if the instructor is sick and cannot be in class.

Week	Date	Topic	Evaluation
1	Sep. 12	Introduction, Define Pest, Define IPM	
	Sep. 14	External & Internal Anatomy	
	Sep. 15	<i>NO LAB</i>	
	Sep. 16	Physiology, insect growth and development, metamorphosis	
2	Sep. 19	Physiology, insect growth and development, metamorphosis	
	Sep. 21	Orders: Ametabolous and Hemimetabolous	
	Sep. 22	<i>LAB: Anatomy & Physiology, Insect Orders (part 1)</i>	
	Sep. 23	Orders: Hemimetabolous and Holometabolous	
3	Sep. 26	Beneficial and harmful aspects	Quiz 1
	Sep. 28	Biological Control – guest lecture	
	Sep. 29	<i>LAB: Insect Orders (part 2)</i>	
	Sep. 30	[Truth & Reconciliation Day – NO LECTURE]	
4	Oct. 3	Insecticides	
	Oct. 5	Insecticides	
	Oct. 6	LAB: Lab Exam 1 (10%)	Lab Exam 1 (10%)
	Oct. 7	Insecticides	
5	Oct. 10	[Thanksgiving – NO LECTURE]	
	Oct. 12	[Experiential Learning - NO LECTURE]	
	Oct. 13	<i>LAB: NO LAB</i>	
	Oct. 14	[Experiential Learning - NO LECTURE]	
6	Oct. 17	Insecticides	Quiz 2
	Oct. 19	Insecticide Resistance	
	Oct. 20	<i>LAB: Insecticide Labels & Crop Pests & Beneficial Insects (part 1)</i>	
	Oct. 21	Economic Injury Level	
7	Oct. 24	Sampling, beneficial insects and crop management	
	Oct. 26	Crop Pests – Sunflowers	
	Oct. 27	<i>LAB: Crop Pests & Beneficial Insects (part 2)</i>	Midterm Exam (15%)
	Oct. 28	MIDTERM EXAM (15%)	
8	Oct. 31	Crop Pests – Canola	
	Nov. 2	Crop Pests – Canola, Cereals	
	Nov. 3	LAB: Lab Exam 2 (10%)	Lab Exam 2 (10%)
	Nov. 4	Crop Pests – Cereals, Corn	
9	Nov. 7-11	[Fall Break & Remembrance Day – NO LECTURES OR LAB]	
10	Nov. 14	Crop Pests – Corn, Potatoes – online	
	Nov. 16	Crop Pests – Soybeans, Forages – online	
	Nov. 17	<i>LAB: Livestock Pests (part 1)</i>	
	Nov. 18	Crop Pests – Other	
11	Nov. 21	Livestock pests – non-biting flies [VW date]	Quiz 3
	Nov. 23	Livestock pests – non-biting flies	Assignment due
	Nov. 24	<i>LAB: Livestock Pests (part 2)</i>	
	Nov. 25	Livestock pests – grazing systems	

Week	Date	Topic	
12	Nov. 28	Livestock pests – grazing systems	
	Dec. 30	Livestock pests – confined systems	
	Dec. 1	<i>LAB: Tree and Grain Pests</i>	
	Dec. 2	Livestock pests – confined systems	
13	Dec. 5	Stored Products Pests	Quiz 4
	Dec. 7	Stored Products Pests	
	Dec. 8	<i>LAB: Lab Final Exam (20%)</i>	Lab Final
	Dec. 9	Catch-up / Review	(20%)

Dec. 12-22 Final Exam Period – exact date for ENTM 0620 to be announced.

Course Evaluation Methods

***** You must achieve a passing grade in the lab AND the lecture to pass the course.*****

Lecture: One midterm exam worth 15% and a *cumulative* final exam worth 20%. Both exams focus on the lecture content. Exams include multiple question types (multiple choice, T/F, short essay, etc.). Four online quizzes worth 3.3% -- keeping your top three, for a total of 10%.

Assignment: You have one assignment worth 15% of your final grade. You will create a pest management plan, integrating the knowledge you have gained in this course. Details on the assignment and the grading rubric will be provided by September 30.

Lab: The first two lab exams are worth 10% each and the *cumulative* final lab exam is worth 20%. Lab exams focus on insect biology and identification. Exams are timed bell-ringer type exams.

Examination Schedule	Date	Percentage of Final Grade
Lecture (60%):		
Online Quizzes (4)	Sep. 26-27 ; Oct. 17-18 ; Nov. 21-22 ; Dec. 5-6	10 %
Lecture Midterm Exam	Friday, October 28	15 %
Pest Management Plan	Wednesday, November 23	15 %
Lecture Final Exam:	To Be Announced (December 12-22)	20 %
Lab (40%):		
Lab Exam 1	Thursday, October 6	10 %
Lab Exam 2	Thursday, November 3	10 %
Lab Final Exam:	Thursday, December 8	20 %
Total		100%

My goal is to hand exams and assignments back to you within two weeks of the due date. Grades will be posted on UM Learn as soon as all exams/assignments have been graded.

Grading

Letter Grade	Percentage out of 100	Grade Point Range	Final Grade Point
A+	>92	4.25-4.5	4.5
A	86-92	3.75-4.24	4.0
B+	79-85	3.25-3.74	3.5
B	72-78	2.75-3.24	3.0
C+	65-71	2.25-2.74	2.5
C	58-64	2.0-2.24	2.0
D	50-57	<2.0	1.0
F	<50	0	0.0

Course Expectations and Policies

- Attend and participate in lectures every Monday, Wednesday, and Friday starting at 9:30 AM, or listen to recordings within 24 hours of their posting. Attend and participate in labs every Thursday. This will ensure you are up to date to perform assessments as scheduled.
- Treat me and your fellow classmates with respect. This includes using appropriate greetings and language in and out of class (including online), in email, and in all written assessments. You can expect the same courtesy from me in return. See [Respectful Work and Learning Environment Policy](#).
- Complete all coursework and assessments with integrity. Plagiarism, duplicate submission, cheating on quizzes, tests, and exams, inappropriate collaboration, academic fraud, and personation are in violation of the [Student Discipline Bylaw](#) and will lead to the serious disciplinary action. [Learn more about Academic Integrity](#).
- Communicate with me if you are falling behind or if you cannot meet assessment deadlines. If you have, or think you may have, a disability (ex., mental health, learning, medical, hearing, injury-related, visual, etc.), please contact [Student Accessibility Services](#).

Missed Exam Policy

The exam schedule is provided to you so you can plan ahead. This includes checking for scheduling conflicts. If you know ahead of time that you will not be able to write an exam at the scheduled time (e.g., you are on a U of M sports team and there is a scheduled meet that day), notify me right away. If you come to me early on, I will try to accommodate your needs.

It is your responsibility to be present during scheduled examinations. If you miss your exam due to *extenuating circumstances* (see [Self-Declaration for Brief or Temporary Student Absences](#)), or with prior written approval from the course instructor, the marks allotted for the midterm exam will be re-allocated to the final exam. False declarations on the temporary absences form are considered a breach of academic integrity and can result in discipline.

Declaration Form here: [Self-Declaration Form for Brief or Temporary Absence](#)

Contact your academic advisor/Student Services within 48 hours for a missed final exam.

Late or Missed Assignment Policy

Completed assignments are uploaded to the assignment folder on the course UM Learn page. I will not grade emailed assignments. I will accept assignments up to 7 days after the submission deadline. Late assignments get a penalty of 5% of the maximum grade per 24-h period past the due date, unless arrangements have been made with the course instructor. Assignments submitted more than 7 days late will receive the mark of zero.

Recording Devices in the Classroom (including online) Policy

The instructor(s) hold copyright over the course materials, presentations and lectures that form part of this course. ***No audio or video recording (including pictures) of this material, lectures, or presentations is allowed in any format, openly or surreptitiously, in whole or in part, without permission from Kateryn Rochon.*** Course materials (both paper and digital) are for the student's private study, and must not be shared, reproduced, distributed, or posted online without permission. Violation of these and other Academic Integrity principles will lead to disciplinary actions.

If you have a disability and require materials in alternative formats, please make arrangements through [Student Accessibility Services](#).

Academic Integrity Policy

Plagiarism or any other form of cheating in examinations, term tests or academic work is subject to serious academic discipline. Cheating on examinations or tests may take the form of copying from another student or using unauthorized materials during an exam. Academic misconduct on exams and assignments can also include impersonation, duplicate submission, and inappropriate collaboration. A student found guilty of contributing to cheating in examinations or assignments is also subject to serious [academic discipline](#). Electronic detection tools may be used to screen assignments in cases of suspected academic misconduct. False declarations on the *Self-Declaration Form for Brief or Temporary Absence* are also considered a breach of academic integrity and can result in discipline. Students should acquaint themselves with the [University's academic integrity policies](#).

Attendance Policy

Regular attendance, actively listening and engaging in the course by asking questions and sharing your experience will greatly improve your chance of success in this course. Attendance is not monitored. If you find you are struggling with attendance, you are falling behind, or you need to miss class and are concerned about your progress, please see me as soon as possible so we can work on a solution.

UM Policies

As a student at the University of Manitoba you have rights and responsibilities. It is important for you to know what you can expect from the University as a student and to understand what the University expects from you. Become familiar with the policies and procedures of the University and the regulations that are specific to your faculty, college or school.

The University of Manitoba (UM) website's [Governing Documents](https://umanitoba.ca/governance/governing-documents) (<https://umanitoba.ca/governance/governing-documents>) is one important source of information, in particular the Academic and Students sections. The Student Advocacy office can also help you understand policies and procedures; find their information in the UM Learner Supports section below.

Academic Calendar

The [Academic Calendar](https://umanitoba.ca/registrar/academic-calendar) (<https://umanitoba.ca/registrar/academic-calendar>) is the University's official publication containing course descriptions, program and graduation requirements, as well as UM and faculty/school-specific rules, regulations and policies. In particular, familiarize yourself with the sections *University Policies and Procedures* and *General Academic Regulations*.

Academic Integrity

In addition to reviewing your instructor's academic integrity policy listed in their syllabus, you are expected to view the *General Academic Regulation* section within the [Academic Calendar](https://umanitoba.ca/registrar/academic-calendar) (<https://umanitoba.ca/registrar/academic-calendar>) and specifically read the regulation pertaining to Academic Integrity. Ask your instructor for additional information about demonstrating academic integrity in your academic work, and consult the following UM resources for more information and support:

- [Academic Integrity](https://umanitoba.ca/student-supports/academic-supports/academic-integrity) (<https://umanitoba.ca/student-supports/academic-supports/academic-integrity>)
 - [Student Resources](https://umanitoba.ca/student-supports/academic-supports/academic-integrity#resources-to-conduct-academic-work-with-integrity) (<https://umanitoba.ca/student-supports/academic-supports/academic-integrity#resources-to-conduct-academic-work-with-integrity>)
 - [Academic Misconduct and How to Avoid It](https://umanitoba.ca/student-supports/academic-supports/academic-integrity#academic-misconduct-and-how-to-avoid-it) (<https://umanitoba.ca/student-supports/academic-supports/academic-integrity#academic-misconduct-and-how-to-avoid-it>)
- [Student Advocacy Office](https://umanitoba.ca/student-supports/academic-supports/student-advocacy) (<https://umanitoba.ca/student-supports/academic-supports/student-advocacy>)

Copyright

All students are required to respect copyright as per Canada's *Copyright Act*. Staff and students play a key role in the University's copyright compliance as we balance user rights for educational purposes with the rights of content creators from around the world. The [Copyright Office](https://umanitoba.ca/copyright/) (<https://umanitoba.ca/copyright/>) provides copyright resources and support for all members of the University of Manitoba community.

Grade Appeals

If you have questions about your grades, talk to your instructor. There is a process for term work and final grade appeals. Note that you have the right to access your final examination scripts. See the

[Registrar's Office](https://umanitoba.ca/registrar/grades/appeal-grade) (<https://umanitoba.ca/registrar/grades/appeal-grade>) for more information including appeal deadline dates and the appeal form.

Intellectual Property

For information about rights and responsibilities regarding intellectual property view the [Intellectual Property Policy](https://umanitoba.ca/governance/governing-documents/governing-documents-university-community#intellectual-property) (<https://umanitoba.ca/governance/governing-documents/governing-documents-university-community#intellectual-property>)

Program-Specific Regulations

For information on regulations that are specific to your academic program, read the section in the Academic Calendar and on the respective [faculty/college/school](https://umanitoba.ca/academics) website (<https://umanitoba.ca/academics>).

Respectful Work and Learning Environment

The University is committed to a respectful work and learning environment. You have the right to be treated with respect and you are expected to conduct yourself in an appropriate and respectful manner. Policies governing UM community behaviour include:

- [Respectful Work and Learning Environment](https://umanitoba.ca/about-um/respectful-work-and-learning-environment-policy) (<https://umanitoba.ca/about-um/respectful-work-and-learning-environment-policy>)
- [Student Discipline](https://umanitoba.ca/governance/governing-documents-students#student-discipline) (<https://umanitoba.ca/governance/governing-documents-students#student-discipline>)
- [Violent or Threatening Behaviour](https://umanitoba.ca/governance/governing-documents-students#violent-or-threatening-behaviour) (<https://umanitoba.ca/governance/governing-documents-students#violent-or-threatening-behaviour>)

The UM website, [Engaging in Respectful Conduct](https://umanitoba.ca/student-supports/respectful-conduct) (<https://umanitoba.ca/student-supports/respectful-conduct>), includes more details about expectations for behaviours related to university activities.

Sexual Violence Policies

The UM has several policies and procedures that deal with the rights and responsibilities of the University community with regards to all forms of sexual violence. For a comprehensive list of policies and associated resources, visit the [Sexual Violence Resource Centre's information page](https://umanitoba.ca/student-supports/sexual-violence-support-and-education/sexual-violence-get-informed) (<https://umanitoba.ca/student-supports/sexual-violence-support-and-education/sexual-violence-get-informed>). Please note that there are many supports available in addition to these policy documents (see UM Learner Supports).

Voluntary Withdrawal

Voluntary withdrawal (VW) is a way for students to leave a class without academic penalty once the Registration Revision Period has ended. If you opt to voluntarily withdraw from a course, you will not be eligible for a refund and, if applicable, will still be required to pay any outstanding tuition fees for the course. On your transcript, the course you have withdrawn from will be listed; however, "VW" will appear in lieu of a grade. If you do not drop a course before the VW deadline, you will receive a final grade in the course on your transcript.

Please note that there are separate deadlines for dropping a course early in a term during the Registration Revision Period. Dropping a course means you are removing that course from your

schedule, will not be charged tuition fees for that course, and the course will not appear on your transcript.

The Registrar's Office website, [Withdraw from a Course](https://umanitoba.ca/registrar/withdraw-course) (<https://umanitoba.ca/registrar/withdraw-course>), includes more information on the different ways in which you can withdraw from a course and important dates and deadlines to do so.

UM Learner Supports

Below you will find a select list of important supports for learners at the UM, both academic supports and otherwise. For a complete listing of all learner supports at the University of Manitoba, visit the [Student Supports website](https://umanitoba.ca/student-supports) (<https://umanitoba.ca/student-supports>).

Academic Advising

Contact an [Academic Advisor](https://umanitoba.ca/student-supports/academic-supports/academic-advising) (<https://umanitoba.ca/student-supports/academic-supports/academic-advising>) for support with degree planning and questions about your academic program and regulations.

Academic Learning Centre (ALC)

The [Academic Learning Centre](https://umanitoba.ca/student-supports/academic-supports/academic-learning) (<https://umanitoba.ca/student-supports/academic-supports/academic-learning>) offers one-to-one tutoring, groups study sessions and workshops, as well as video and tip-sheet resources to help you throughout your academic program. All Academic Learning Centre programming, supports, and services are free for UM students.

Make an appointment for [free one-to-one tutoring](https://umanitoba.ca/student-supports/academic-supports/academic-learning/tutoring-group-study#individual-tutoring) (<https://umanitoba.ca/student-supports/academic-supports/academic-learning/tutoring-group-study#individual-tutoring>). **Content tutors** (over 90 UM courses) can help you understand concepts and learn problem-solving strategies. **Study skills tutors** can help you improve your skills such as time management and goal setting, reading and note-taking, as well as learning and test-taking strategies. **Writing tutors** can give you feedback on your academic writing, whether you are just getting started on a written assignment or already have a draft. **English as an Additional Language** specialist, Antoanela Denchuk, is available for one-to-one tutoring to help you improve your English-language academic writing skills. Use the drop-down menu, read the tutor biographies, and make an appointment for tutoring on the [Academic Learning Centre schedule](https://manitoba.mywconline.com/) (<https://manitoba.mywconline.com/>).

Attend [Supplemental Instruction \(SI\)](https://umanitoba.ca/student-supports/academic-supports/academic-learning/tutoring-group-study) (<https://umanitoba.ca/student-supports/academic-supports/academic-learning/tutoring-group-study>) sessions in historically difficult courses (including Chemistry, Engineering, and Computer Science). These free weekly review sessions are facilitated by a peer mentor who has previously taken the course and provide an opportunity to discuss course content, ask questions, compare notes, solve practice problems, and develop study strategies. See online for a list of SI courses and meeting times.

Register for an [Academic Success Workshop](https://umanitoba.ca/student-supports/academic-supports/academic-learning/academic-success-workshops) (<https://umanitoba.ca/student-supports/academic-supports/academic-learning/academic-success-workshops>), where you can learn strategies to

improve your writing and studying. More information on topics, dates, and registration, are found online.

Register for [Faculty of Graduate Studies Grad Steps Workshops](https://umanitoba.ca/graduate-studies/student-experience/graduate-student-workshops) (https://umanitoba.ca/graduate-studies/student-experience/graduate-student-workshops). These workshops are specifically designed for students working towards **Master's degrees or PhDs**. More information on topics, dates, and registration can be found online.

Access the Academic Learning Centre's collection of [videos and tip sheets](https://umanitoba.ca/student-supports/academic-supports/academic-learning#tip-sheets-for-writing-and-study-skills) (https://umanitoba.ca/student-supports/academic-supports/academic-learning#tip-sheets-for-writing-and-study-skills) to help you with many of the academic tasks you'll encounter in university.

Contact the Academic Learning Centre by calling 204-480-1481 or emailing academic_learning@umanitoba.ca. Bannatyne students can contact the Bannatyne Student Services office at 204-272-3190.

Basic Needs

It can be difficult to learn and succeed in courses when you are struggling to meet your or your family's basic needs. Several UM and community resources are listed below if you would benefit from support with regards to housing, food, finances, and/or childcare:

- *Housing*
 - [UM Housing](https://umanitoba.ca/housing) (https://umanitoba.ca/housing)
 - [Winnipeg Rental Network](https://www.winnipegrentnet.ca/) (https://www.winnipegrentnet.ca/)
 - [Manitoba Residential Tenancies Branch](https://www.gov.mb.ca/ccar/tb/) (https://www.gov.mb.ca/ccar/tb/)
 - [HOPE End Homelessness Winnipeg Services & Supports](https://umanitoba.ca/housing) (https://umanitoba.ca/housing)
- *Food*
 - [U of M Food Bank](https://umanitoba.ca/financial-aid-and-awards/u-m-food-bank) (https://umanitoba.ca/financial-aid-and-awards/u-m-food-bank)
 - [Food Matters Manitoba](https://foodmattersmanitoba.ca/find-emergency-food-in-winnipeg/) (https://foodmattersmanitoba.ca/find-emergency-food-in-winnipeg/)
- *Finances*
 - [UM Financial Aid and Awards](https://umanitoba.ca/financial-aid-and-awards) (https://umanitoba.ca/financial-aid-and-awards)
 - [Manitoba Student Aid](https://www.edu.gov.mb.ca/msa/) (https://www.edu.gov.mb.ca/msa/)
- *Child Care*
 - [UM Child Care](https://umanitoba.ca/about-um/child-care) (https://umanitoba.ca/about-um/child-care)
 - [Manitoba Child Care Subsidy](https://bit.ly/3yG3ijy) (https://bit.ly/3yG3ijy)
 - [Manitoba Child Care Association](https://mccahouse.org/looking-for-child-care/) (https://mccahouse.org/looking-for-child-care/)

English Language Centre

The [English Language Centre \(ELC\)](https://umanitoba.ca/english-language-centre) (https://umanitoba.ca/english-language-centre) provides courses, tests, accommodations and individual support to students whose first language is not English in order to support academic success and participation in the University of Manitoba community.

Health and Wellness

Physical, mental, emotional, and spiritual health and wellness play a critical role in student success. See all of UM's resource on their [Health and Wellness](https://umanitoba.ca/student-supports/student-health-and-wellness) (<https://umanitoba.ca/student-supports/student-health-and-wellness>) website, and make note of several specific UM and community supports listed below.

Winnipeg Urgent Physical and Mental Health Care

If you are an adult experiencing a mental health or psychosocial crisis, contact the [Klinik Community Health](https://klinik.mb.ca/crisis-support/) (<https://klinik.mb.ca/crisis-support/>) 24/7 crisis line at 204-786-8686, visit the [Crisis Response Centre](https://sharedhealthmb.ca/services/mental-health/crisis-response-centre/) (<https://sharedhealthmb.ca/services/mental-health/crisis-response-centre/>) located at 817 Bannatyne Avenue, or contact the Mobile Crisis Service at 204-940-1781.

To speak with a nurse for guidance on what health-care path to take for the issue you are facing or for general information about health resources available in Manitoba, contact [Health Links](https://misericordia.mb.ca/programs/phcc/health-links-info-sante/) (<https://misericordia.mb.ca/programs/phcc/health-links-info-sante/>) at 1-888-315-9257 (toll free).

If you need urgent medical care, visit the Winnipeg Regional Health Authority's [Emergency Department & Urgent Care Wait Times](https://wrha.mb.ca/wait-times/) webpage (<https://wrha.mb.ca/wait-times/>) for a list of locations and current wait times.

Student Counselling Centre (SCC)

The [Student Counselling Centre](https://umanitoba.ca/student-supports/student-health-and-wellness/student-counselling-centre-scc) (<https://umanitoba.ca/student-supports/student-health-and-wellness/student-counselling-centre-scc>) provides free counselling and mental health support to UM, English Language Centre, and International College of Manitoba (ICM) students. We are open year-round, Monday through Friday from 8:30 am to 4:30 pm. Our commitment is to offer a support service to every student who contacts us.

Visit the SCC's [For Urgent Help](https://umanitoba.ca/student-supports/student-health-and-wellness/student-counselling-centre-scc#for-urgent-help) (<https://umanitoba.ca/student-supports/student-health-and-wellness/student-counselling-centre-scc#for-urgent-help>) webpage or the urgent care resources listed above if you require immediate support.

Visit the SCC's [Our Services](https://umanitoba.ca/student-supports/student-health-and-wellness/student-counselling-centre-scc#for-urgent-help) (<https://umanitoba.ca/student-supports/student-health-and-wellness/student-counselling-centre-scc#for-urgent-help>) webpage for more information on accessing a variety of services including individual counselling, counselling workshops and groups, support resources, and learning disability assessment services.

The SCC is located is located at 474 UMSU University Centre (Fort Garry Campus).

Health and Wellness Office

Students often juggle multiple demands, and we recognize that it can be difficult to find balance. For any changes you want to make to your health and wellness, the Health and Wellness Office at the University of Manitoba would like to support you in your journey. We are here to help you take control of your own health and make your own decisions. We are a

judgment-free space and we avoid labels whenever possible. For more information, please visit the [Health and Wellness Office](https://umanitoba.ca/student-supports/health-wellness) (<https://umanitoba.ca/student-supports/health-wellness>) website.

Spiritual Care and Multifaith Centre

Spiritual care services are available to all, whether you identify as spiritual, atheist, religious or agnostic. [Spiritual Services](https://umanitoba.ca/student-supports/spiritual-services) (<https://umanitoba.ca/student-supports/spiritual-services>) also offer specific denominational support for certain religious groups and by Indigenous Elders-in-Residence.

Student Support Case Management (SSCM)

Contact the [Student Support Case Management team](https://umanitoba.ca/student-supports/academic-supports/student-advocacy/case-management) (<https://umanitoba.ca/student-supports/academic-supports/student-advocacy/case-management>) if you are concerned about yourself or another student and don't know where to turn. SSCM helps connect students with on and off campus resources, provides safety planning, and offers other supports, including consultation, educational workshops, and referral to the STATIS threat assessment team.

University Health Service (UHS)

The [University Health Service](https://umanitoba.ca/student-supports/health-wellness/university-health-service) (<https://umanitoba.ca/student-supports/health-wellness/university-health-service>) offers a full range of medical services to students, including psychiatric consultation, via two health clinics:

- Fort Garry Campus: (204) 474-8411, ACW-Lot temporary trailer (behind the Isbister building)
- Bannatyne Campus: (204) 474-8411, P309 – Pathology Building

Student Services at Bannatyne Campus

Student Services at Bannatyne Campus (SSBC) offers a full range of mental health supports to students and residents in the Rady Faculty of Health Sciences, along with other academic and personal supports. Visit the [SSBC website](https://umanitoba.ca/student-supports/student-services-bannatyne-campus) (<https://umanitoba.ca/student-supports/student-services-bannatyne-campus>) for a list of services available.

Indigenous Students

Staff, faculty and Elders are well-equipped to ensure your university experience is as beneficial, accessible, and successful as possible. Visit the Indigenous [Student Experience](https://umanitoba.ca/indigenous/student-experience) (<https://umanitoba.ca/indigenous/student-experience>) website for more information on the supports and services available.

International Students

The transition to a new country and a new academic system can be both exciting and overwhelming. The International Centre (IC) is here to help you settle into life at University of Manitoba. Visit the [International Students](https://umanitoba.ca/current-students/international) website (<https://umanitoba.ca/current-students/international>) for more information.

Sexual Violence Support and Education

Sexual violence affects people of all ages, sexual orientations, genders, gender identities, abilities and relationship statuses. At the U of M, we are committed to ensuring a respectful work and learning environment for all. We want to build a safe and inclusive campus community where survivors of sexual violence know they can receive the supports they need to succeed, both academically and personally.

The [Sexual Violence Resource Centre](https://umanitoba.ca/sexual-violence) (<https://umanitoba.ca/sexual-violence>), located at 537 UMSU University Centre (Fort Garry campus) provides support, resources, information and referral services for any student, faculty or staff member who has been affected by sexual violence.

Student Accessibility Services (SAS)

The University of Manitoba is committed to providing an accessible academic community. [Student Accessibility Services](https://umanitoba.ca/student-supports/accessibility) (<https://umanitoba.ca/student-supports/accessibility>) offers academic accommodation supports and services such as note-taking, interpreting, assistive technology and exam accommodations. Students who have, or think they may have, a disability (e.g., mental health, learning, medical, hearing, injury-related, visual) are invited to contact SAS to arrange a confidential consultation. SAS is located at 520 University Centre (Fort Garry Campus).

Student Advocacy

[Student Advocacy](https://umanitoba.ca/student-supports/academic-supports/student-advocacy) (<https://umanitoba.ca/student-supports/academic-supports/student-advocacy>) is a safe place for students. We help you navigate university processes and advocate for your rights as a student at UM. If anything in your personal or academic life is affecting your studies, contact our confidential intake assistant by phone (204-474-7423) or email (stadv@umanitoba.ca).

University of Manitoba Libraries (UML)

As the primary contact for all research needs, your liaison librarian can play a key role when completing academic papers and assignments. Liaisons can answer questions about managing citations, or locating appropriate resources, and will address any other concerns you have about the research process. Liaisons can be contacted by email or phone, and are also available to meet with you online or in-person. A [complete list of liaison librarians can be found by subject](http://bit.ly/WcEbA1) (<http://bit.ly/WcEbA1>).

General library assistance is also available at both the Bannatyne and Fort Garry campuses by [visiting any library location](https://www.umanitoba.ca/libraries/locations-and-facilities) (<https://www.umanitoba.ca/libraries/locations-and-facilities>). When working online, students can receive help via the Ask Us chat button found on the right-hand side of the [Libraries' homepage](http://www.umanitoba.ca/libraries) (<http://www.umanitoba.ca/libraries>).