

Course Details

Course Title

Current Topics in Human Nutrition -Nutritional Immunology

Course Number

HNSC 7560

Term

Fall 2022 (October 24-December 9)

Credit Hours

1.5 credit hours

Pre-requisites

None

Class Times & days

Tuesdays & Thursdays, 11:30AM-12:45PM, October 25-December 8, 2022

Class location

Asper Research Institute
CR3003-369 Tache Ave

Instructor Contact Information

Name

Heather Blewett, PhD (She/Her)

Email

hblewett@sbrc.ca

Email is the preferred method of communication.

I aim to reply within 24h during the week (Monday-Friday).

Office location

Asper Institute
CR3131-369 Taché Ave

Office Phone

204-237-2954

Office Hours

I will be available to meet with students 30 minutes before and after each class. To make an appointment to meet during or outside of those hours, please contact me via email to make arrangements.

Traditional Territory/Land Acknowledgment

The University of Manitoba campuses are located on original lands of 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.

Equity And Inclusion Commitment

I am personally committed to equity, diversity, inclusion, and anti-oppression. This includes respect for student identities, a commitment to taking action against forms of oppression in and out of the classroom, and willingness to support students by removing barriers to their learning and connecting them with needed supports.

Course Description

[U of M Course Calendar Description](#)

Lectures and critical reviews will be used to discuss recent/significant research advances in nutrition and foods research. Must be enrolled in a Graduate program at the Fort Garry or Bannatyne campus.

[General Course Description](#)

In this course we will search and discuss the scientific literature on a current topic in nutritional immunology. This year's focus will be on the role of the immune system in hypertension and how nutrients moderate these effects. The course goals are for students to gain a better understanding of our immune system and how our diet may alter the immune response.

Course Learning Outcomes

By the end of this course, you should be able to:

1. Describe the types of immune responses and the cells involved.
2. Understand how certain nutrients can moderate an immune response.
3. Search the scientific literature for relevant reports and synthesize the information on the given topic.
4. Discuss and critically review scientific literature.

Course Materials

Required Materials

Readings

Students will be searching the scientific literature to identify relevant research articles.

[University of Manitoba Libraries](https://umanitoba.ca/libraries/) (<https://umanitoba.ca/libraries/>)

Technology

Access to a computer with Microsoft Office and an internet connection will be required to complete this course. To participate in the remote classes, access to Teams and a webcam and microphone will also be needed.

Course Schedule

This schedule is subject to change at the discretion of the instructor and/or based on the learning needs of the students but such changes are subject to [Section 2.8 of ROASS](https://umanitoba.ca/governance/governing-documents-academic#responsibilities-of-academic-staff-with-regard-to-students) (<https://umanitoba.ca/governance/governing-documents-academic#responsibilities-of-academic-staff-with-regard-to-students>).

Week	Date	Class Content & Teaching Strategies	Required Readings or any Pre-Class Preparation	Evaluation
1	Oct 25/27	Intro to immune system	-Search literature for articles describing the role of the immune system in hypertension. -Email classmates and instructor 2 significant papers on this topic by Oct 28.	
2	Nov 1/3	Role of immune system in hypertension	-Be prepared to discuss selected week 1 papers in class. -Email classmates and instructor 2 new papers on the role of the immune system in hypertension by Nov 4.	-Class participation
3	Nov 8/10	Fall term break	N/A	N/A
4	Nov 15/17	Role of the immune system in hypertension continued.	-Write a draft summarizing the literature on the role of the immune system in hypertension.	-Class participation. -Submit your draft to classmates and instructor for feedback (due Nov 18).

			<ul style="list-style-type: none"> -Be prepared to discuss selected week 2 papers in class. -Search the literature for articles describing a nutrient of interest (ie. Fatty acid, vitamin D, amino acid, polyphenols) on the immune system as it pertains to hypertension. -Email classmates and instructor 2 significant papers on this topic by Nov 18. 	-Peer review (due Nov 22).
5	Nov 22/24	Nutrient effects on immune system in hypertension	<ul style="list-style-type: none"> -Be prepared to discuss selected week 4 papers in class. -Email classmates and instructor 2 new papers on the effect of your nutrient of interest on the immune system as it pertains to hypertension by Nov 25. 	-Class participation
6	Nov 29/Dec1	Nutrient effects on immune system in hypertension continued.	<ul style="list-style-type: none"> -Write a draft summarizing the literature. -Be prepared to discuss selected week 5 papers in class. 	<ul style="list-style-type: none"> -Class participation. -Submit your draft to classmates and instructor for feedback (due Dec 2). -Peer review (due Dec 6).
7	Dec 6/8	Review		Final paper and peer review evaluation due Dec 9.

*Refund date: October 31, 2022

*Voluntary withdrawal deadline: November 28, 2022

Course Evaluation/Assessments

Summary

Class participation: 40%

Peer review: 20%

Final paper: 40%

Assessment Descriptions

Title: Class participation

Goal: Addresses learning outcomes 1-4.

Procedure: In advance of class identify at minimum 2 significant scientific research articles on the topic and email them to the other students and instructor the Friday before class. Paper selection is based on a first-come first-served basis, so if the paper you select has already been sent to the class, you will need to select a different one. In class, provide a brief summary of the objective, study design and results and what conclusions you can draw from the studies. Prepare at least 2 questions to initiate discussion. This is an opportunity to ask questions you may have regarding the methodology employed. Engage in discussion with classmates on the topic, how your selected papers connect with the other papers selected/presented and how they tie in with the final paper.

Submission Guidelines: Email students and instructor the selected papers the Friday before class. Attend and participate in class.

Evaluation Criteria:

Week 2, 4, 5 and 6 (4 assessments x 10% each = 40% of total mark)

Quantity (4%)	4%	2%	1%	0%
	Student has selected at minimum 2 significant papers on the topic. Student initiated discussion in class by posing 2 questions. Student participated in discussion.	Student has mostly met expectations.	Student has somewhat met expectations.	Student did not meet expectations.
Quality (6%)	6%	3%	1.5%	0%
	Selected papers and discussion demonstrates substantial evidence of critical thinking about the topic. Student also met deadlines.	Selected papers and discussion demonstrates moderate evidence of critical thinking about the topic. Student has met deadlines.	Selected papers and discussion demonstrates little evidence of critical thinking about the topic. Student has met deadlines.	Selected papers and discussion demonstrate no evidence of critical thinking (for example, merely repeat the paper's conclusion). Student has not met the deadline and/or is disrespectful in the discussion.
Feedback:				Total score:

Title: Peer review Assessment

Goal: Addresses learning outcomes 1-4.

Procedure: You will engage in the peer review process at 2 separate occasions during the 7 week time period. At the 2 occasions, you will read the draft of your peer’s paper and provide a detailed review to support their progress and development of their paper. Your review should include:

- Main strengths
- Main limitations
- Words of encouragement
- Comment in general on the clarity, conciseness, and correctness of the writing
- Note ambiguous passages
- Suggest any reorganization that could improve the paper.

- The assessment of your peer review will consist of:
 - Self-assessment of your contributions, quality and efficacy as a peer reviewer (1 page, single spaced).
 - Assessment of your peer reviewer’s contributions, quality and efficacy (1 page, single spaced).

Submission Guidelines: Please send as a Word document. Include your name and page number in the bottom right footer. Save your file using the following file name format (LastName_Assignment Title). Email your peer and instructor draft of paper on Nov 18 and Dec 2. Email your peer a review of their work on Nov 22 and Dec 6. Email evaluation of the peer review process to instructor on Dec 8.

Evaluation Criteria:

	Excellent (4%)	Proficient (2%)	Incomplete (0%)
Timeliness	Completed all reviews on time	Completed reviews mostly on time	Did not complete reviews on time
Quality of comments	Self & peer assessment is honest, critical (+/-) and personal.	Self & peer assessment is mostly honest, critical (+/-) and personal.	Self & peer assessment is not honest, critical (+/-) or personal.
Strengths and weaknesses	Areas of strength and weakness are identified and explained clearly.	Areas of strength and weakness are mostly identified and explained clearly.	Areas of strength and weakness are not identified or explained clearly.
Writing mechanics	The assessment is organized, flows well, communicates ideas efficiently and is free from errors.	The assessment is somewhat organized, mostly flows well, communicates ideas and is mostly free from errors.	The assessment is not organized, does not flow well, does not communicate ideas efficiently and has many errors.
Expectations	Follows assignment guidelines.	Mostly follows assignment guidelines.	Does not follow assignment guidelines.

Title/Type of Assessment: Final paper

Goal: Addresses learning outcomes 1-4.

Procedure: After your peer and instructor have reviewed your 2nd draft you will submit your final draft for instructor evaluation and feedback. The paper requirements are:

- 2500-3000 words (not including references)
- Harvard citation style. In-text citations take the form (Author Year). References must be listed in alphabetical order according to the name of the first author and not numbered. References with the same first author are listed in the following order.
 - Papers with one author only are listed first in chronological order, beginning with the earliest paper.
 - Papers with dual authorship follow and are listed in alphabetical order by the last name of the second author.
 - Papers with three or more authors appear after the dual-authored papers and are arranged chronologically. Include DOIs and hyperlinks whenever possible, and do not number the references.

Submission Guidelines: Please send as a Word document. Please include your name and page number in the bottom right footer. Save your file using the following file name format (LastName_Assignment Title).

Evaluation Criteria:

	Excellent (17-24)	Proficient (8-16)	Incomplete (0-7)	Total
Content & critical thought	Excellent exploration of the key concepts/theories; a very comprehensive sample of relevant literature reviewed critically, and the points are expressed coherently with considerable insight.	Good attempt to explore relevant literature to support some exploration of key concepts/theories. Good attempt to construct sound arguments and analysis with an adequate critique.	The literature review lacks depth and clarity. Very weak attempt to critically evaluate the literature.	/24
	Excellent (12-16)	Proficient (6-11)	Incomplete (0-5)	
Writing mechanics	The author's arguments are clear and easy to understand. There are no spelling and grammatical mistakes.	The author's argument is mostly clear and easy to understand. There are few spelling and grammatical mistakes.	The author's argument is unclear and difficult to understand. There are frequent spelling and grammatical mistakes.	/16
Comments:				/40

Assignment Feedback

You will receive summative feedback (graded) on your class participation at the end of week 2, 4, 5 and 6 via email.

You will receive your mark for your peer review activity, approximately 1 week after submission via email.

You will receive formative feedback on your draft paper on Nov 22 and Dec 6. You will receive your mark for your final draft approximately 1 week after submission via email.

Grading Scale

Letter Grade	Percentage out of 100	Grade Point Range	Final Grade Point
A+	95-100	4.25-4.5	4.5
A	86-94	3.75-4.24	4.0
B+	80-85	3.25-3.74	3.5
B	72-79	2.75-3.24	3.0
C+	65-71	2.25-2.74	2.5
C	60-64	2.0-2.24	2.0
D	50-59	Less than 2.0	1.0
F	Less than 50		0

Expectations

To be successful in this course you will need to complete pre-work on time, and actively participate in class in a respectful manner. Please review the [Respectful Work and Learning Environment Policy](https://bit.ly/3aMI7nE) (<https://bit.ly/3aMI7nE>).

Course Policies

Academic Integrity

Each student in this course is expected to complete their coursework and programs of study with integrity by making a commitment to the six fundamental values of honesty, trust, fairness, respect, responsibility, and courage.

In this course, academic integrity looks like referencing the work of others that you have used. For assignments/projects where you are encouraged to work in a group or team, ensure that your assignment/project is completed with integrity.

Accessibility

The University of Manitoba is committed to providing an accessible academic community. [Students Accessibility Services \(SAS\)](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 illness, learning, medical, hearing, injury-related, visual) are invited to contact SAS to arrange a confidential consultation.

520 University Centre

(204) 474-7423

Student_accessibility@umanitoba.ca

Attendance

I expect students to attend and participate in all classes; however, I recognize that extenuating circumstances may influence your ability to do so. Please inform me in advance of the class if you are unable to attend (or within 48h of your return due to an extenuating circumstance).

Here is a link to the University of Manitoba's [Self-Declaration for Brief and Temporary Student Absences Policy and Procedure](#).

Assignment Extension and Late Submission Policy

- Late assignments will be accepted under certain circumstances
- Missing assignments will impact your final mark
- Extensions will be considered based on the University of Manitoba's [Self-Declaration for Brief and Temporary Student Absences Policy and Procedure](#).

Class Communication

You are required to obtain and use your University of Manitoba email account for all communication between yourself and the university. All communication must comply with the Electronic Communication with Student Policy:

http://umanitoba.ca/admin/governance/governing_documents/community/electronic_communication_with_students_policy.html.

Recording Class Lectures

No audio or video recording of lectures or presentations is allowed in any format, openly or surreptitiously, in whole or in part without permission from Heather Blewett. Course materials (both paper and digital) are for the participant's private study and research.

Referencing Style

Please use Harvard citation style. In-text citations take the form (Author Year). References must be listed in alphabetical order according to the name of the first author and not numbered.

References with the same first author are listed in the following order.

- Papers with one author only are listed first in chronological order, beginning with the earliest paper.

- Papers with dual authorship follow and are listed in alphabetical order by the last name of the second author.

Papers with three or more authors appear after the dual-authored papers and are arranged chronologically. Include DOIs and hyperlinks whenever possible, and do not number the references.

There is referencing software such as EndNote or Zotero; workshops and resources available through the library if you require assistance.

Technology Use

In order to maintain a respectful discussion please do not use cellphones during class time. I would like to remind you that policies such as the [Respectful Work and Learning Environment policy \(RWLE\)](https://bit.ly/3OxGtnd) (<https://bit.ly/3OxGtnd>) are applicable in all University-related activities, even ones happening in online environments such as social media platforms. Please also note that it is the general University of Manitoba policy that all technology resources are to be used in a responsible, efficient, ethical, and legal manner.

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-) (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) (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/cca/rtb/) (https://www.gov.mb.ca/cca/rtb/)
 - [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-) (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#our-services) (https://umanitoba.ca/student-supports/student-health-and-wellness/student-counselling-centre-scc#our-services) 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 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 vital 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 may have, regarding the research process. Liaisons can be contacted by email or phone, and are also available to meet with you in-person. A [complete list of liaison librarians](http://bit.ly/WcEbA1) (<http://bit.ly/WcEbA1>) can be found by subject.

In addition, general library assistance is provided in person at 19 University Libraries, located on both the Fort Garry and Bannatyne campuses, as well as in many Winnipeg hospitals. For a listing of all libraries, please consult the [UM Libraries and Departments](https://libguides.lib.umanitoba.ca/c.php?g=298526) (<https://libguides.lib.umanitoba.ca/c.php?g=298526>) webpage. When working remotely, students can also receive help online, via the Ask-a-Librarian chat found on the [University of Manitoba Libraries' homepage](https://umanitoba.ca/libraries/) (<https://umanitoba.ca/libraries/>)