



The University of Manitoba
Faculty of Agricultural and Food Sciences

Course Details**Course Title:** Plant Science Seminar**Department:** Plant Science**Course Number:** PLNT 7250**Academic Session:** Fall 2022 & Winter 2023**Credit Hours:** 3**Class Hours:** 1:00 - 2:30 pm (Tuesdays)**Location:** Room 218 Agriculture Bldg**Department Office Location:** 222 Agriculture Building**Course Web Page:** UM Learn @ <https://universityofmanitoba.desire2learn.com/d2l/login>**Instructor Information****Instructor I:** Dr. Belay Ayele (I prefer to be addressed as “Belay”) – Fall 2022**Office Location:** Room 111 Agriculture Building**Office Phone Number:** 204-474-8227**Email Address:** belay.ayele@umanitoba.ca**Office Hours:** 11:00 am - 12:00 pm (Thursdays); otherwise, available by appointment only. I can be reached preferably by email, and I will reply to your emails within 24 hours.**Instructor II:** Dr. Curt McCartney – Winter 2023**General Course Information**

Why this course is useful? Communication skills are one of the most valuable assets you can develop during your graduate program. Every type of employer is looking for graduates with strong communication skills. Scientific communication skills are essential for both disseminating the results of your research and for successfully competing for employment after graduation. Communication skills can only be learned by a combination of practice and observation. This course gives you the opportunity to do both and develop your scientific communication skills for a variety of academic settings and formats.

Who should take this course? This is a required course for all M.Sc. students in the Plant Science graduate program.

Course Description/Goals

Graduate calendar description: Principles of oral and poster presentations, and visual aid design and organization are discussed and then applied by students in presenting their current research, and agricultural issues. This course is evaluated on a pass/fail basis.

Instructional methods:

Lectures: introductory lectures will cover aspects of preparing and presenting seminars and posters.

Presentations: Students will prepare and present oral and poster presentations using a variety of formats. Some presentations will be recorded to provide students with constructive feedback.

Assignments: assignments that support the development of scientific communication skills will be assigned.

Seminar Attendance: attending the Advanced Plant Science Seminar series of the Department is compulsory.

Course goals: The goal of this course is to make students familiar with the principles of communicating scientific information in a number of different formats, and to provide them with the opportunity to develop and practice communication skills.

Intended Learning outcomes

1. Prepare and confidently deliver academic presentations.
2. Understand standard formats of academic oral and poster presentations in the field of plant science.
3. Identify your target audience and adapt your presentation style and content for the audience.
4. Practice active audience participation by asking questions of presenters.
5. Develop presentation time management skills.
6. Practice providing and receiving constructive criticism.

Using Copyrighted Material

Please respect copyright. We will use copyrighted content in this course. Copyrighted works, including those created by me are made available for private study and research, and must not be distributed in any format without permission. Do not upload copyrighted works to a learning management system (such as UM Learn), or any website, unless an exception to the *Copyright Act* applies or written permission has been confirmed. For more information, see the University's Copyright Office website at <http://umanitoba.ca/copyright/> or contact um_copyright@umanitoba.ca.

Recording Class Lectures

No audio or video recording of lectures or student presentations and class discussions is allowed in any format, openly or surreptitiously, in whole or in part without permission from Dr. Ayele. Course materials (both paper and digital) are for the participant's private study and research, and must not be shared. Violation of these and other Academic Integrity principles, will lead to serious disciplinary action.

Texts, Readings, Materials

There is no textbook for this course. Required readings for this course will be posted on the course website or provided in class. A list of library books and websites that may be useful to you during this course as supplementary readings will be posted on the course website.

Course Technology

It is the general University of Manitoba policy that all technology resources are to be used in a responsible, efficient, ethical and legal manner. The student can use all technology in classroom setting only for educational purposes approved by instructor and/or the University of Manitoba Disability Services. Student should not participate in personal direct electronic messaging/posting activities (e-mail, texting, video or voice chat, wikis, blogs, social networking (e.g. Facebook) online and offline "gaming" during scheduled class time. If student is on call (emergency) the student should switch his/her cell phone on vibrate mode and leave the classroom before using it. (©S Kondrashov. Used with permission)

Class Communication

The University requires all students to activate an official University email account. Please note that all communication between myself and you as a student must comply with the electronic communication with student policy (http://umanitoba.ca/admin/governance/governing_documents/community/electronic_communication_with_students_policy.html). You are required to obtain and use your U of M email account for all communication between yourself and the university.

Expectations: I expect you to

Attend class: Class attendance is mandatory. Students must provide acceptable justification if a class is missed. Students who are unable to meet a course requirement due to medical circumstances are currently not required to submit medical notes. However, they are required to contact their instructor or academic advisor by email to inform of the missed work and to make arrangements for extensions, deferrals, or make-up assignments. Students should refrain from any disruptive behaviors during class time.

Participate: Active participation is required to achieve the greatest benefits from attending this course, including developing your communication skills.

Prepare and practice: Most weeks, this course should not dominate your schedule, but it does require timely attention before class each week to get the most out of in-class activities. Some weeks require more preparation than other weeks. Some activities (for example research seminar and poster assignment) require significant advance preparation. Time management and planning strategies for presentations will be discussed in class and the method that works best for you should be put into practice on a regular basis.

Respect: Presenters need an audience. Regular attendance and active participation create a positive atmosphere for our learning community. As a student of the course, you will receive and be asked to provide constructive criticisms. Learning how to do both effectively with respect are important skills to develop as active professionals in academic communities.

Academic Integrity

Plagiarism or any other form of cheating in examinations, term tests or academic work is subject to serious academic penalty (e.g. suspension or expulsion from the faculty or university). Students should acquaint themselves with the University's policy on plagiarism and cheating.

Student Accessibility Services

If you are a student with a disability, please contact SAS for 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.

Student Accessibility Services <https://umanitoba.ca/student/accessibility/about-us.html>

520 University Centre

204 474 7423

Student_accessibility@umanitoba.ca

Description of Examinations

There are no written exams for this course.

Presentations and Assignments: see important dates for presentation and assignment due dates.

1. Presentations

- i. Extemporaneous Presentation
- ii. Instructional Presentation
- iii. Extension Presentation
- iv. Research Seminars
- v. Research Posters

2. Assignments

- i. Written summary of your research (to the general public)
- ii. Presentation Outlines

- iii. Presentation Reflections
- iv. Practicing SMART (Specific, Measurable, Achievable, Results-focused & Time-bound) goal setting
- v. Seminar networking (this assignment is planned tentatively for the winter-term contingent upon resumption of in-person departmental seminars)
- vi. Asking good questions
- vii. Chairing a seminar session

Description of Presentations

1. Extemporaneous Presentation

- “Tell me about your research ...” - the purpose of this presentation is to prepare students to answer this frequently asked question during, for example, conference networking or job interviews.
- Students will present a ~three-minute overview of their research topic or area.
- Students should speak conversationally without visual aids during this presentation.
- Students will be asked to answer follow up questions from their peers

2. Instructional Presentations

- Choose a plant science topic that you know well and prepare a ~10-minute presentation for an undergraduate student or graduate student audience. Examples of topics could include: crop rotation practices in Manitoba, nitrogen assimilation in plants, management practices to control clubroot disease in canola.
- A combination of audiovisual aids including PowerPoint slides and whiteboard can be used for this presentation.
- Topics and proposed visual aids should be submitted to the instructor by **Oct 4**.

3. Extension Presentation

- Choose your target audience: general public, farmers, industry, and commodity group.
- Choose a subject that would be of interest to that audience.
- Prepare a 10 min presentation with a targeted extension message.
- This presentation must incorporate the use of at least one table and one figure.
- Use any combination of audiovisual aids, props, or power point slides.
- A description of the audience, title and audiovisual needs should be submitted to the instructor by **Oct 18**.

5. Research Seminar

- It should include **1**) the significance and objectives of your research, **2**) Results (it can be preliminary) and discussion (integrate your research [or intended research] with existing related research in the literature **3**) Conclusions.
- Students will use a PowerPoint slides and a computer projector.
- All members of the Plant Science Department are invited to attend these seminars.
- The seminar presentation length should be a 30 (± 2) minute. Seminars that are not close to time will be repeated.
- Tables and figures must be included in the presentation.
- Presentation titles and outlines must be submitted to the instructor by **Nov 29** to allow a listing of all second term seminars to be posted.
- A final title must be submitted no later than one week before your scheduled presentation to ensure the correct information is in the seminar announcement poster.

4. Research Poster

- Preparation of a research poster that could be delivered at a research conference.

- Prepare a ~5-minute poster presentation that would be delivered to conference participants when coming to view your poster at a conference poster session.
- Posters are to be developed electronically using presentation software, such as PowerPoint, and will be presented as virtual posters using a projector.

Presentation Schedule

Presentation dates for individual students are listed in the course schedule (see below). Students may arrange to change their presentation dates by finding another student willing to exchange dates and then seek final approval from the course instructor for this change. These changes should be arranged a minimum of one week in advance for presentations given during the fall term. Changes to the research seminar schedule for the winter term must be finalized by **Dec 6**, unless exceptional emergency circumstances occur. Students are encouraged to bring computers for use when delivering presentations.

Description of Assignments

1. Written summary of your research (to the general public)

Write a summary of your research in a simple language to the general public (in a maximum of 2500 characters). In your summary, you should include the following:

- Why your research is important
- The nature of your research
- Potential outcomes
- Benefits of the research results

Assignment #1 should be submitted to the instructor by **Oct 11** and will be returned with my feedback within 10 working days.

Note: Assignments #2, 3, 4 and 6 are to be composed as a journal (record of events) in Microsoft Word. Journals are to be submitted to the instructor on **Nov 29** and will be returned after the break. Assignment #5 is planned tentatively for the winter-term contingent upon resumption of in-person departmental seminars, and its due date will be determined in the future.

2. Presentation outlines

Planning is essential for an effective presentation. In your journal, prepare an outline for each of the three presentations given during the first term (Extemporaneous, Instructional and Extension). The outline should include:

- Point form descriptions of the presentation sections
- Identify the audience for the presentation and describe the assumptions about the audience
- Identify your take home message(s)

3. Presentation reflections

How did your presentation go? This is your chance to write 1-2 paragraphs to evaluate how things went. Write a reflection entry after each of your three presentations (extemporaneous, instructional, extension). Here are some questions you should address:

- How did you feel before, during, or after your presentation? Did you feel nervous, confident, tired? What strategies did you use to mitigate any nervous feelings that you may have had?
- How well prepared did you feel? Did this end up being a last minute project? What did you spend too little/too much time on? What would you change for the next time?
- How did the audience respond to your presentation? Did they ask you tough questions? Did they misunderstand your take home message?
- Did you get distracted by something/someone? Were you able to get back into your presentation?

- Were there any technical glitches? Would another type of presentation format have been more effective? What would you change for your next presentation?

4. Practicing SMART goal setting

Time management skills are needed to prepare for presentations when you have multiple demands on your time (research, classes, teaching, family, community involvement). Create a work schedule for completing the Instructional and Extension presentations. Setting SMART (Specific, Measurable, Achievable, Results-focused & Time-bound) goals is one method you could use to complete your presentation preparations within your work schedule. Write down 3-5 SMART goals for at least one work session for these two presentations. Indicate how much time you *plan* to spend on each SMART goal and the time you *actually* spend on each goal.

5. Seminar networking (this assignment is planned tentatively for the winter-term contingent upon resumption of in-person departmental seminars)

Networking is not an essential skill to deliver a research seminar or poster. However – it is a skill that is often used immediately before or after attending or presenting research seminars and posters. Networking is a form of academic communication and takes practice to do with comfort and confidence. Networking typically involves two parts: 1) learning about others and 2) introducing yourself through conversation or correspondence. Sometimes you are lucky and get an introduction via colleagues and other times it involves taking the initiative to introduce yourself, regardless it takes self-confidence and practice to do well. During the pre-seminar coffee session for Advanced Plant Science Seminar (or other seminars and workshops you attend) during the fall term, introduce yourself to a minimum of three people on separate occasions. They should be students or staff from the department that you do not know well. They could also be visitors from outside of the department. Find out who they are, what they study/research, and where they are from. Be prepared to tell them about yourself – practice your extemporaneous presentation. Write three one-paragraph journal entries to describe:

- Whom you met during your networking session and what you learned about them?
- How effectively were you able to tell them about yourself and your research?
- How well were you able to carry the conversation?
- What might do you try differently next time?

6. Asking good questions

Asking good questions can add a lot to the dialogue between speakers and the audience following a seminar. For most of us, it takes concentration and practice to ask questions confidently during seminars and poster presentations. During or following three Advanced Plant Science Seminars that you attend during the fall term, come up with a list of two or more questions that you would pose to the presenter. If possible, I encourage you to ask these questions during the question period following the seminar. In three separate journal entries list:

- The title of the seminar, and date and location
- Presenter's name and affiliation
- A 2-5 sentence summary of the presentation, or its take home message
- Your questions for the presenter

7. Chairing Winter Term Research Seminars

The last speaker in the second term will act as chairperson for the first seminar session and all subsequent sessions will be chaired by the previous week's speaker. The chair is responsible for:

- Ensuring that the seminar room is set up appropriately and that the necessary equipment is present and working properly
- Introducing the speaker,

- Accepting questions from the audience (to help the class develop questioning skills and ensure class participation the chair should accept the first 2-3 questions from class members)
- Thanking the speaker on behalf of the audience

Course Evaluation Methods

| | |
|-----------------------------------|--|
| Quality of class presentations | 15% |
| Assignments | 15% |
| Participation in class discussion | 10% |
| Research poster | 20% |
| Research seminar | 40% |
| Final Grade | Pass/Fail Fail (< 60%) |

Important Dates

Fall

| | |
|--|--------------|
| First Day of Class | September 13 |
| Topics and description of target audience for instructional presentation due | October 4 |
| Written summary your research to the general public due | October 11 |
| Topics description of target audience for extension presentation due | October 18 |
| Assignment journal due | November 29 |
| Research seminar and poster presentation titles due | November 29 |
| Request for changes to research seminar schedule | December 6 |

Winter

| | |
|--|------------|
| Voluntary withdrawal from Fall/Winter term courses | January 20 |
|--|------------|

Students who did not drop the course by the deadline would be assigned a final grade. The withdrawal courses will be recorded on official transcript. Refer to the [Registrar's Office](#) web page for more information.

Assignment Submission Policy

Late assignments: Assignments will lose 20% of the total value for each day late (including weekends).

Missed assignments/presentations: Students will receive "incomplete" grade if assignments/presentations are not completed.

Class 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 the – [ROASS](#)- Procedure).

| Class# | Fall Term | Date |
|---------------|---|------------------|
| 1 | Introductions and syllabus review | Sep 13 |
| 2 | Guest Lecture - Research Information Retrieval and Management (Mr. Ryan Schultz) | Sep 20 |
| 3 | Lecture #1 - Effective communication and constructive criticism Extemporaneous Presentations (All students) | Sep 27 |
| 4 | Lecture #2 - Planning presentations and setting SMART goals Written summary of your research to the general public due | Oct 4 |
| 5 | Lecture #3 - Slide Preparation & Questions | Oct 11 |
| 7 | Instructional Presentations (Samadhi, Riya, Gurnoor, Laetitia, Alexa, Lakmini) Lecture #4 - Networking & Chairing | Oct 25 |
| | Fall Term Break – No Class | Nov 7-10 |
| 9 | Extension Presentation (Samadhi, Riya, Gurnoor, Laetitia, Alexa, Lakmini) | Nov 15 |
| 10 | Lecture #5 - M.Sc. Thesis Guidelines | Nov 22 |
| | Winter Term | |
| 11 | Research Seminar – Samadhi | Jan 10 |
| 12 | Research Seminar – Riya | Jan 24 |
| 13 | Research Seminar – Gurnoor | Jan 31 |
| 14 | Research Seminar – Laetitia Lecture #6 – Poster Presentation | Feb 7 |
| 15 | Research Seminar – Alexa | Feb 14 |
| | Mid-Term Break – No class | Feb 21-24 |
| 16 | Research Seminar – Lakmini | March 7 |
| 17 | Research Poster Presentation (Samadhi, Riya, Gurnoor, Laetitia, Alexa, Lakmini) | March 21 |

ROASS Schedule “A”

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/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-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 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/>).