



UM | Faculty of Agricultural
and Food Sciences

Syllabus

FOOD/HNSC 4100: Current Issues in Food
and Human Nutrition
(Fall 2023)

Department of Food and Human Nutritional Sciences



University
of Manitoba

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. I respect the Treaties that were made on these territories, I acknowledge the harms of the past, and I dedicate myself to move forward in partnership with Indigenous Peoples in a spirit of reconciliation and collaboration.

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COURSE DETAILS

Course Title & Number:	Current Issues in Food and Human Nutrition – HNSC/FOOD 4100 A01
Number of Credit Hours:	3
Class Times & Days of Week:	11:30 am-12:45 pm, Mondays and Wednesdays, Sept 6-Dec 11 [no class on November 13 and 15 during the Fall Term Break]
Location for classes/labs/tutorials:	344, Ellis Building
Pre-Requisites:	Restricted to students in 4 th year of the B.Sc. Human Nutritional Sciences and B.Sc. Food Science degree programs. Prerequisites: HNSC 2000 or AGRI 2030 and Faculty approval.

Instructor Contact Information

Instructor(s) Name & Preferred Form of Address:	Dr. Chamila Nimalaratne You can address me as Professor, Dr. or by first name (Chamila)
Office Location:	Ellis Building Room 244
Office Hours or Availability:	Available immediately after class (for quick questions and without prior arrangements; some exceptions might apply), AND by appointment for an in-person meeting (arrange a time by email – <i>please put HNSC 4100 or FOOD 4100 in the subject line of your email</i>).
Office Phone No.	Office number is 204-474-6287 (leave message on voice mail), however, note that I prefer to be contacted by email to set a time for an in-person/ virtual appointment.
Email:	chamila.nimalaratne@umanitoba.ca (preferred method of communication); please put HNSC 4100 or FOOD 4100 in the subject line of your email . My goal is to respond to emails within 24 hours during weekdays. <i>Note:</i> All email communication must conform to the Communicating with Students university policy.
Contact:	Email is the preferred method of communication. For urgent reasons, you can contact by phone

Course Description

U of M Course Calendar Description

Integration of current issues in food and human nutritional sciences. Emphasis on ethics, equity, economics, and professional approaches to challenges in food and human nutritional sciences using case studies, teamwork, and scientific communication to specialists and the public. This is a capstone course restricted to students in year 4 of the B.Sc. Human Nutritional Sciences and B.Sc. Food Science degree programs.

For HNSC 4100: May not be held with [FOOD 4100](#) or [AGRI 4100](#) or the former HNSC 4160. Prerequisite: [HNSC 2000](#) (or the former HMEC 2000) and Faculty approval.

For FOOD 4100: May not be held with [HNSC 4100](#) or [AGRI 4100](#) or the former FOOD 4120. Prerequisite: [AGRI 2030](#) and Faculty approval.

General Course Description

This course is a critical study of research in the field of food and human nutrition and is composed of activities geared towards improving written and oral communication skills. Students will engage in advanced study and scholarly discussions in a student-centered learning environment and gain a holistic view on presenting technical information to expert and non-expert audiences. This course will be beneficial to students seeking the opportunity to learn how to convey complex information in a comprehensive and clear manner. Oral and written reports as well as debate participation required.

Course Goals

- Develop students' critical thinking skills and the ability to evaluate specific topics in food science and nutrition using suitable resources such those provided through UofM libraries
- Provide a good understanding of tools (for example, referencing programs and library resources) that can be used in writing scholarly articles
- Develop students' writing skills and the ability to express technical information and ideas clearly and in a well-organized manner
- Develop students' oral communication skills and provide the tools needed to effectively communicate with different audiences.

This course will also meet the following **Foundational Knowledge Content Areas for Dietetics Education.**

This dietetic education program is an accredited program recognized by the Partnership for Dietetic Education and Practice (PDEP) and prepares students for eligibility for registration with a provincial dietetics regulatory body

Highest level achieved: 1= demonstrate broad knowledge; 2= demonstrate comprehension; 3 = analyze, interpret and apply knowledge

Content Area	Foundational Knowledge	Cognitive Complexity Level
Communication	Opportunities for and barriers to communication	2
	Communication channels and techniques, and their appropriate usage	2
	Strategies for effective written communication	3
	Strategies for effective oral communication	3
	Strategies for effective interpersonal communication	3
Research and Evaluation	Literature search strategies	2
	Systematic review and critical appraisal of literature	2
	Use of technology to seek and manage information	3

Course Format

- A) Individual projects: Evaluation of existing literature pertaining to a scientific question and hypothesis; application of knowledge synthesis and critical thinking skills. This knowledge will be presented in an oral presentation. A peer evaluation component will be included for the presentation. The knowledge will also be synthesized in a written scientific paper.
Note: Students chose their topic for developing the scientific question and hypothesis, and obtain approval from the Instructor for their topic (to ensure two students are not working on the same topic).
- B) Collaborative group project: Debate of a current topic. These topics will be designed by the instructor (with input from the students) to address issues pertinent to foods and nutrition as viewed within a systems context. Each debate will feature 2 teams (2-3 individuals per team) with a point versus counterpoint structure. An executive summary of the key points/counterpoints from the debate will be submitted. A peer evaluation component will also be included within this project.
- C) Active participation: the students will have the chance to demonstrate active participation in peer reviews, debates and through general discussions. Participation marks will be included.

Course Learning Objectives

By the end of the course, students should be able to:

- Conduct comprehensive literature searches on specific topics in food science and nutrition using suitable resources
- Be able to use different resources and tools to develop scholarly written works and presentations
- Recognize and utilize specific skills needed to produce informative scholarly articles that are comprehensive, clear and technically sound
- Know how to organize contents of a scientific article in a logical manner
- Be able to write technical information to reach expert and non-expert audiences

- Produce presentations (oral communication) that are clear, informative, interesting and technically sound
- Effectively deliver contents of an oral presentation to reach the target audience
- Structure arguments and counter-arguments for and during a debate
- Develop skills for listening, asking questions, and challenging assumptions (dogma) about various topics in foods and nutrition.
- Gain experience working as a team and being a moderator for a presentation and discussion period.

Textbook, Readings, and Course Materials

Required textbook – None. Students are required to identify and utilize relevant scientific literature via electronic scientific databases available via UM Libraries. Note that Wikipedia or other similar web-based programs or postings are not scientific databases.

Supplementary readings – N/A, refer to material provided in UM Learn.

Recommended or required materials (e.g. lab equipment, art supplies, computers, etc.) – laptop or tablet; the FHNS department scanner is available to scan images.

Using Copyrighted Material

Please respect copyright. We will use copyrighted content in this course. I have ensured that the content I use is appropriately acknowledged and is copied in accordance with copyright laws and university guidelines. 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.

Course Technology

You should check that technical requirements such as software and system requirements (i.e., operating system, web browser, user programs), hardware (i.e., hard disk drive, graphic card, sound card, memory) & peripherals (i.e., webcam, microphone), that are needed for course completion are available. Please contact the department or UofM IST Service desk if you need assistance.

When you are the presenter, note that an adaptor may be required to use your laptop with the data projector in the classroom.

It is the general University of Manitoba policy that all technology resources are to be used in a responsible, efficient, ethical and legal manner.

Expectations: I Expect You To

- Be engaged in developing your research topic, scientific presentation and written paper.

- Be engaged as a team member developing and presenting your debate.
- Come to class prepared to learn, to listen to what is being presented, and to ask questions and discuss (and challenge) what is being presented by the instructor and your classmates. Participate! On the other hand, don't dominate the question period so that others can't participate.
- Be on time.
- Be attentive while others are presenting.
- Attend classes and participate in discussions in a respectful manner.
- Submit assignments as required and present your oral presentation and debate on assigned dates.
- Regularly check UM Learn for course materials and updates.
- Inform the Instructor if you will be absent from a class.
- Request any changes to the course schedule in writing (by email) at least 48 hours in advance (if possible). Note that any changes must be approved by the Instructor.
- Follow UM Covid-19 protocols as posted on the UM website.

I will treat you with respect and would appreciate the same courtesy in return. See [Respectful Work and Learning Environment Policy](#).

I expect you to follow these policies around Class Communication, Academic Integrity, and Recording Class Lectures.

The policies and services students are expected to follow/utilize:

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.

Academic Integrity:

Each student in this course is expected to abide by the University of Manitoba [Academic Integrity principles](#). Always remember to reference the work of others that you have used. Also be advised that you are required to complete your assignments independently unless otherwise specified. If you are encouraged to work in a team, ensure that your project complies with the academic integrity regulations. You must do your own work during exams. Inappropriate collaborative behavior and violation of other Academic Integrity principles, will lead to the serious [disciplinary action](#). Visit the [Academic Calendar](#), [Student Advocacy](#), and [Academic Integrity](#) web pages for more information and support.

Refer to specific course requirements for academic integrity for individual and group work such as:

- I. Group projects are subject to the rules of academic dishonesty;
- II. Group members must ensure that a group project adheres to the principles of academic integrity;
- III. Students should also be made aware of any specific instructions concerning study groups and individual assignments;
- IV. The limits of collaboration on assignments should be defined as explicitly as possible; and
- V. All work should be completed independently unless otherwise specified.

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. The instructor may record the student's individual scientific

presentations and provide a copy of the recording to the student of their own presentation as part of the course feedback.

Course materials (both paper and digital) are for the participant's private study and research.

Student Accessibility Services:

The University of Manitoba is committed to providing an accessible academic community. [Students Accessibility Services \(SAS\)](#) 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.

Student Accessibility Services

520 University Centre

Phone: (204) 474-7423

Email: Student_accessibility@umanitoba.ca

Expectations: You Can Expect Me To

- To be respectful and to encourage you in the learning environment.
- To encourage your development for doing oral presentations (scientific and debates) and writing a major paper based on research studies.
- To share my enthusiasm for research, learning about new topics, critiquing research studies, and figuring out what makes sense or doesn't.
- To share my interest about communicating science for both professional and lay audiences.
- To be available immediately after class for questions and clarifications, and to be available for booking appointments and answering questions by email.
- To evaluate and provide you with feedback on your presentation and debate, and written assignments.
- To organize the class/presentation/debate schedule, and present course relevant information.
- To follow UM Covid-19 protocols as posted on the UM website.

CLASS SCHEDULE AND COURSE EVALUATION

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](#).

Class Schedule¹, September 6th to December 11th as of 09-06-2023.

Date	Lecture Topics
September 6	Review of Course Syllabus and Assigning Dates for the Scientific Presentations. Awareness of topics.
September 11 & 13	Introduction to Database Research and Citations: Finding relevant literature and using a reference management software (Zotero), by Ryan Schultz, UM librarian

September 18, 20, 25	Overview and Examples of the Scientific Presentation How to Critique Scientific Literature Identifying Research Implications, Knowledge Translation Preparation of the Scientific Presentation Presentation Styles and Skills Preparation of the Scientific Paper Formal Debates: The Structure and How to Prepare
September 18	Final decision/approval for topics for scientific presentations
September 20	Assignment of groups and topics for debates
September 25	Library assignment due
September 27	Prepare for presentations
October 2	National Day for Truth and Reconciliation - University is closed
October 4	2 Scientific Presentations
October 9	Thanksgiving Day - University is closed
October 11	2 Scientific Presentations
October 16	2 Scientific Presentations
October 18	2 Scientific Presentations
October 23	2 Scientific Presentations
October 25	2 Scientific Presentations
October 30	2 Scientific Presentations
November 1	2 Scientific Presentations
November 6	2 Scientific Presentations
November 8	2 Scientific Presentations
November 13 & 15	Fall Break Week (no classes)
November 20	2 Scientific Presentations
November 22	2 Scientific Presentations
November 27	2 Debates
November 29	2 Debates
December 4	2 Debates
December 6 (last class)	Reserved for any re-scheduled debates or presentations (if required)
December 11	Final paper due

¹Additional classes maybe added, or classes maybe cancelled based on extenuating circumstances. Given the possibility of COVID-19 infections or other illnesses: 1) if Dr. Nimalaratne is ill another Instructor will attend class to facilitate the class and evaluate if there are presentations; the presentations will also be recorded for Dr. Nimalaratne to view and contribute to the evaluation; 2) if a student is ill on the day of their presentation, the presentation will be re-scheduled; if the moderator or student evaluators are ill, other students will be asked to switch dates for these roles; 3) if a significant proportion of students are experiencing COVID-19 symptoms or illnesses, then it is possible that this class will go to a hybrid or virtual format. Student will receive information by email if there are changes to the scheduling and format of the class. Regardless, the goal will be to find a way to schedule all the presentations and debates so that all students will be able to meet the course requirements.

Evaluation		
Type of Assessment	Due Date ³	Value of Final Grade

Library assignment	September 25, 2023, 11:00 pm	10%
Individual projects		55%
Presentation (30%)¹	As scheduled above	
Final written paper (25%)	December 11, 2023, 11:00 pm	
Debate²	As scheduled above	20%
Participation³		15%
		100%

¹**Evaluation of the Scientific Presentations:** The Instructor will provide a composite summary of the feedback from two student evaluators and the Instructor. The Instructor will assign the final grade for the oral scientific presentation. The Instructor plans to record the individual presentations and provide each student with a recording of their own presentation as part of the feedback.

²**Debates:** The instructor will get 6-8 students from the audience to evaluate the debates. The instructor will determine the final grades based on all the evaluations.

³**Participation:** Half of the participation marks are awarded based on contributions during question period, as evaluator, discussant, and moderator, and half of the participation marks are awarded for active participation and engagement (beyond assigned role as a discussant) and being attentive during presentations and the discussion period. This involves more than simply attending class! Seminar Evaluations are due the same day and will be submitted via UM Learn. The quality of the evaluation and comments will be considered as part of the participation marks.

Class attendance is expected of all students, however, please do not come to class if you are ill, have COVID-19 or have COVID-19 symptoms. Active participation will be a key factor for earning participation marks.

³Note that UM has a new policy regarding absences – a self-declaration form for situations (extenuating circumstances) that require an absence for up to 72 hours. Extenuating circumstances include illnesses and medical conditions, compassionate/personal needs, religious observances, bereavement, and participation in approved academic or athletic events. The self-declaration form cannot be used for planned absences like vacations or longer-term absences or ongoing circumstances (e.g. Authorized Withdrawals, Leaves of Absences, or disability-related accommodations) which will still require additional documentation.

Lab Expectations

N/A

Lab Schedule

N/A

Grading

The scientific paper will be graded as a 4th year student's paper.

Oral presentations and debates will be evaluated as mentioned above.

Students who will not be able to present on scheduled dates or cannot participate in group debates on scheduled dates should contact the instructor as soon as possible.

Letter Grade	Percentage out of 100	Grade Point Range	Final Grade Point
A+	90-100	4.25-4.5	4.5
A	80-89	3.75-4.24	4.0
B+	75-79	3.25-3.74	3.5
B	70-74	2.75-3.24	3.0
C+	65-69	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

Voluntary Withdrawal

Last date to drop without penalty (100% refund): September 19, 2023

Last date to drop with no refund: November 21, 2023

Please refer to the [Registrar's Office](#) web page for more information.

ASSIGNMENT DESCRIPTIONS

The following is an overview of the course components. Detailed instructions for each of these components will be provided on UM Learn and discussed in class.

TITLE: Library assignment

GOAL: Develop skills to perform literature reviews on specific topics using suitable resources

PROCEDURE: Submit a paper describing the results of the specific database search

SUBMISSION GUIDELINES: Electronic submission

EVALUATION CRITERIA: Completeness of database research

TITLE: Scientific presentation

GOAL: Present technical content in an organized, informative and technically sound manner

PROCEDURE: Presentation on assigned date

SUBMISSION GUIDELINES: N/A

EVALUATION CRITERIA: Content and presentation style as per the evaluation guidelines (rubric) provided prior to the presentation on UM Learn

TITLE: Debate

GOAL: Present technical content in a clear manner and work in groups to present an overview of the selected topic

PROCEDURE: Presentation on assigned date

SUBMISSION GUIDELINES: N/A

EVALUATION CRITERIA: Scientific merits as well as application of critical thinking; as per the evaluation guidelines (rubric) provided in advance on UM Learn

TITLE: Final written paper

GOAL: Present scientific content in an organized, clear and comprehensive manner

PROCEDURE: Prepare a scientific paper

SUBMISSION GUIDELINES: Electronic submission

EVALUATION CRITERIA: Scientific merit, organization, clarity and writing skills; as per the evaluation guidelines (rubric) provided in advance on UM Learn

TITLE: Participation

GOAL: Encourage active student participation in discussions and debates, and develop skills as a moderator and evaluator

PROCEDURE: Participation in discussions and debates; participation as a moderator and evaluator

SUBMISSION GUIDELINES: N/A

EVALUATION CRITERIA: Attendance and participation in the various roles

Referencing Style

For the Assignments, use the Vancouver referencing style (also known as Uniform Requirements or ICMJE).

Students are encouraged to use reference management software such as Zotero (available via the UM Libraries and demonstrated in the classes by the Librarian), Mendeley or Endnote (a commercial software program).

Assignment Feedback

Formative and summative feedback will be provided electronically. Feedback will be provided based on the evaluation rubrics for each assignment, i.e. library assignment/presentation/debate/final paper.

Assignment Extension and Late Submission Policy

Assignments must be submitted electronically by 11:55 pm (Winnipeg time) on the due date. There will be a deduction of 5% per day for each day (including weekend days) that the assignment is delayed if the Instructor has not been informed about illness, extenuating circumstances, etc.

If a student is facing extenuating circumstances that might delay submission, please contact the instructor in advance.

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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>) 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-) (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/)