



**UM** | Faculty of Agricultural  
and Food Sciences

# Syllabus

HNSC 7560 T08: Nutrition for an Aging Population  
(Winter 2024)



## TABLE OF CONTENTS

COURSE DETAILS.....	3
INSTRUCTOR CONTACT INFORMATION.....	3
TRADITIONAL TERRITORY AND LAND ACKNOWLEDGEMENT .....	3
EQUITY AND INCLUSION COMMITMENT.....	4
COURSE DESCRIPTION .....	4
COURSE GOALS .....	4
TEXTBOOK, READINGS, AND COURSE MATERIALS .....	4
USING COPYRIGHTED MATERIAL .....	4
COURSE TECHNOLOGY.....	4
EXPECTATIONS: I EXPECT YOU TO .....	4
EXPECTATIONS: YOU CAN EXPECT ME TO .....	6
CLASS SCHEDULE.....	7
VOLUNTARY WITHDRAWAL .....	7
COURSE EVALUATION .....	8
GRADING .....	8
REFERENCING STYLE .....	8
ASSIGNMENT FEEDBACK.....	8
ASSIGNMENT EXTENSION AND LATE SUBMISSION POLICY .....	8
UNIVERSITY SUPPORT OFFICES & POLICIES .....	9

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## COURSE DETAILS

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<b>Course Title &amp; Number:</b>	HNSC 7560 Nutrition for an Aging Population
<b>Number of Credit Hours:</b>	1.5
<b>Class Times &amp; Days of Week:</b>	Wednesday, 1:00-3:30pm
<b>Location for classes/labs/tutorials:</b>	Room 405 Tier Building
<b>Pre-Requisites:</b>	Graduate Program; Human Nutritional Sciences

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## Instructor Contact Information

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<b>Instructor(s) Name &amp; Preferred Form of Address:</b>	Christina Lengyel, PhD, RD (Dr. Lengyel)
<b>Office Location:</b>	405 Human Ecology Building
<b>Office Hours or Availability:</b>	3:30-4:00 pm after class or by appointment. Please send me an email to set-up a in-person, virtual or telephone meeting.
<b>Office Phone No.</b>	204-474-9554 (please leave a message that includes your name, course, and call back number. Emails are preferred first)
<b>Email:</b>	<a href="mailto:christina.lengyel@umanitoba.ca">christina.lengyel@umanitoba.ca</a> Allow at least 48 hours for a response from email/phone (weekdays only). If an email is sent after 4:30pm on Friday, it will not be answered until Tuesday morning. Please put "HNSC 7560" in the subject line and use polite and professional language. <i>Note:</i> All email communication must conform to the Student Email Policy at <a href="http://umanitoba.ca/registrar/student-email-policy">http://umanitoba.ca/registrar/student-email-policy</a>

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## Traditional Territory and Land Acknowledgment

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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

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I am committed to equity, diversity, inclusion and anti-oppression. I want everyone to feel valued, heard and respected in this class. We will work together to create and maintain a safe, comfortable learning environment so individuals will share and contribute to classroom discussions and activities. Please be courteous and respectful to your classmates and instructors. Inappropriate and disruptive behaviour will not be tolerated as per the policy on the Respectful Work and Learning Environment (RWLE).

## Course Description

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Advanced seminar format exploring nutrition and aging. (1.5 credit hours)

## Course Goals

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Upon completion of the course you should be able to:

- Describe aging processes and nutrition-related challenges experienced by older adults.
- Discuss the determinants of food intake among older adults in a variety of settings.
- Apply principles of good nutrition across the continuum of care for older adults residing in the community and in long-term care facilities.
- Critically evaluate and synthesize research literature on a topic in nutrition and aging.

## Textbook, Readings, and Course Materials

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**Required Textbooks: None**

**Notes/Readings: Posted on UMLearn**

## Using Copyrighted Material

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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/>.

## Course Technology

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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 Learn is the course management system used for this course. All assignments will be submitted through UM Learn. You can access UM Learn from the University of Manitoba homepage: [www.umanitoba.ca](http://www.umanitoba.ca). For login assistance, visit the [UM Learn Resources Page](#) or contact **IST Service Desk** at [servicedesk@umanitoba.ca](mailto:servicedesk@umanitoba.ca) or (204) 474-8600.

## Expectations: I Expect You To

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- Know the university policies.
- Read and understand the course syllabus.
- Read the HNSC 7560 "Announcements" page regularly on UM Learn.

- Attend classes, be on time and attend for the entire duration.
- If a student is unable to attend a class, it is their responsibility to obtain notes and information from their classmates/instructor.
- Basic notes (PowerPoint Slides) will be provided on UM Learn. Ensure you have access to them during class.
- Take notes during class.
- Study course material (at least 2-hours for every hour of lecture).
- Be courteous and respectful. Refer to Policies on Respectful Work and Learning Environment (RWLE) and Inappropriate and Disruptive Student Behaviour.
- Remain available for all classes.
- Contact the instructor by email to inform them of any missed work/assignments for extensions, deferrals, or make-up assignments in a timely manner.
- Consult your UM email account regularly. This is how the instructor and university will communicate with you.
- Read the assigned readings prior to class. These will be described in class and on the “Announcements” page on UM Learn.
- Attend guest speaker and student presentations (mandatory).
- Contribute to discussion/activities in class.
- Complete and submit quality assignments on time.
- Show respect for other students and the instructor. Be polite and kind.
- When emailing, please put “HNSC 7560” in the subject line and use polite and professional language.
- Refrain from talking during lecture unless asking questions, responding to questions or participating in class discussion/activity.
- Take responsibility for your own learning. Keep up with the readings, attend classes, ask questions and check the “Announcements” page on UM Learn.

**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](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. Plagiarism or any other form of cheating in academic work is subject to serious academic penalty (e.g., suspension or expulsion from the faculty or university).

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 noted for group assignments. Inappropriate collaborative behavior and violation of other Academic Integrity principles, will lead to the serious disciplinary action. An assignment which is prepared and submitted for one course should not be used for a different course or for the same course from a previous year by a different student.

Visit the Academic Calendar, [Student Advocacy](#), and [Academic Integrity](#) web pages for more information and support.

**Recording Class Lectures:**

Lectures will not be recorded in this class. The instructor and the University of Manitoba hold copyright over the course materials, presentations and lectures which form part of this course. No audio or video recording of lectures or presentations is allowed in any format, openly or surreptitiously, in whole or in part without permission of the instructor. 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 health issues, 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](mailto:Student_accessibility@umanitoba.ca)

**Expectations: You Can Expect Me To**

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- To be respectful and to encourage student participation.
- To encourage your development for completing written assignments and oral presentations.
- To share my enthusiasm for teaching and learning.
- Office Hours from 3:30-4:00 pm after class or by appointment. Please send me an email to set-up a in-person, virtual or telephone meeting.
- To provide you with constructive feedback on your assignments.
- Return email and phone calls within 48 hours of submission (weekdays only). NOTE: Emails requesting notes and information found in the course syllabus will not be returned. Please make a virtual appointment if you need further clarification on notes or assignments.
- To return graded assignments to students within 2 weeks from the date of submission.
- Keep an active presence on the UM Learn Course Page.

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## CLASS SCHEDULE

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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](#). Please check the HNSC 7560 "Announcements" section on UM Learn for updates.

Date	Topic	Activities/Guest Speakers
Wed. January 10	<ul style="list-style-type: none"> <li>- Course Introduction</li> <li>- Overview of Syllabus</li> <li>- Review of Assignments</li> <li>- Nutrition and Aging Overview</li> </ul>	<b>NOTE: January 16, 2024 is the last date to drop this course without penalty and with a full refund.</b>
Wed. January 17	<ul style="list-style-type: none"> <li>- Communication with Older Adults</li> <li>- Aging Sensitivity Training</li> <li>- *Nutrition and COVID-19 in Long Term Care Homes</li> <li>- Readings and Discussion</li> </ul>	
Wed. January 24	<ul style="list-style-type: none"> <li>- Video Case Study</li> <li>- Readings and Discussion</li> </ul>	
Wed. January 31	Research Discussion: <ul style="list-style-type: none"> <li>- Dementia and Nutrition</li> <li>- End of Life and Nutrition Considerations</li> </ul>	
Wed. February 7	<b>Student Presentation (#1)</b>	<b>NOTE: February 13, 2024 is last day for Voluntary Withdrawal (VW) from this course with no refund.</b>
Wed. February 14	<b>Student Presentation (#2)</b>	

### Voluntary Withdrawal

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The last day to drop this class and receive 100% refund is January 16, 2024 and the last day to withdraw with no refund is February 13, 2024. Students who do not drop the course by the deadline will be assigned a

a

final grade. Please note that withdrawal of courses will be recorded on the official transcript. Please refer to the [Registrar's Office](#) web page for more information.

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## COURSE EVALUATION

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Student Led Presentation and Discussion (Wed. Feb 7 or 14)	40%
Term Paper (Due Fri. Feb. 16 by 11:59pm in UM Learn Assignment Folder)	40%
Participation	15%
Attendance	5%

## Grading

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Letter Grade	Percentage out of 100	Category
A+	90-100	Exceptional
A	80-89.9	Excellent
B+	70-79.9	Very Good
B	60-69.9	Good
C+	50-59.9	Satisfactory
F	49.9 and below	Failure

**NOTE: Grades are not rounded-up.**

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## Referencing Style

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Assignments should use the APA reference style as outlined below:

American Psychological Association. (2020). *Publication Manual of the American Psychological Association* (7th ed.). Washington, DC.

Some resources available on APA Style (7<sup>th</sup> Edition) are found below:

Some resources available on APA Style (7<sup>th</sup> Edition) are found below:

University of Manitoba Libraries: [https://libguides.lib.umanitoba.ca/ld.php?content\\_id=35088395](https://libguides.lib.umanitoba.ca/ld.php?content_id=35088395)

Purdue University Online Writing Lab:

[https://owl.purdue.edu/owl/research\\_and\\_citation/apa\\_style/apa\\_formatting\\_and\\_style\\_guide/general\\_format.html](https://owl.purdue.edu/owl/research_and_citation/apa_style/apa_formatting_and_style_guide/general_format.html)

## Assignment Feedback

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- To return graded assignments to students within 2 weeks from the date of submission. You will be able to access your grades and feedback on UM Learn.

## Assignment Extension and Late Submission Policy

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- Be sure that you plan your time accordingly throughout the term, as extensions for assignments will not be granted for reasons other than medical or compassionate circumstances.
- Late assignments will be deducted 10% from your mark each day late including weekends.
- Inform instructor promptly if you are having difficulty connecting to the online system and submitting your assignments.
- Contact the instructor by email a minimum of 48 hours prior to the assignment due date to inform of any missed work/assignments and the need for extensions, deferrals, or make-up assignments.



Extensions will only be granted for medical or compassionate circumstances.

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## UNIVERSITY SUPPORT OFFICES & POLICIES

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### 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. Please note that there are many supports available in addition to these policy documents (see UM Learner Supports). The **Sexual Assault** policy may be found at:

[http://umanitoba.ca/admin/governance/governing\\_documents/community/230.html](http://umanitoba.ca/admin/governance/governing_documents/community/230.html) More information and resources can be found by reviewing the Sexual Assault site <http://umanitoba.ca/student/sexual-assault/>

### 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**

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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>).

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](mailto: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>)
  - [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>) 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)

Contact UHS for any medical concerns, including mental health problems. UHS offers a full range of medical services to students, including psychiatric consultation.

*University Health Service* <http://umanitoba.ca/student/health/>

104 University Centre, Fort Garry Campus

(204) 474-8411 (Business hours or after hours/urgent calls)

#### 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](mailto: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/>)

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