

Course Details

Field Course in Arctic Coastal Oceanography

Course Number: ENVR 4000/GEOG 4670

Term: Autumn 2023

Credit Hours: 3 + 0

Pre-requisites: Permission of instructor

Class Times & Days: TBD

Class location: TBD

Instructor Contact Information

Instructors:

Dr. Kristina Brown, kristina.brown@umanitoba.ca, 530 Wallace Building

Dr. Eric Collins, eric.collins@umanitoba.ca, 520 Wallace Building

Dr. Jens Ehn, jens.ehn@umanitoba.ca, 580 Wallace Building

Dr. CJ Mundy, cj.mundy@umanitoba.ca, 582 Wallace Building

Office Hours: By appointment, schedule via email.

Land Acknowledgment

The University of Manitoba campuses are located on original lands of Anishinaabeg, Cree, Oji-Cree, Dakota and Dene peoples, and on the homeland of the Métis Nation. We respect the Treaties that were made on these territories, we acknowledge the harms and mistakes of the past, and we dedicate ourselves to move forward in partnership with Indigenous communities in a spirit of reconciliation and collaboration.

Course Description

Course Overview

Coastal oceanography is a growing field in the Arctic. The ocean environment is dynamic along coasts, encompassing intense physical gradients (e.g., mixing of fresh river waters with saline ocean waters and tidal currents interacting with the ocean floor as it shoals towards the shoreline) that result in some of the most productive marine areas of Canada's North. Critical breeding and foraging grounds for many fish, bird, and marine mammal species support key marine services (e.g., subsistence and commercial fishing and hunting, tourism, and culture) for Inuit, First Nations and Métis whose health and well-being rely on this environment. Furthermore, there is a pressing need to learn more about Arctic coastal oceanography to help support Canada's goal to protect 30% of marine and coastal areas by 2030, in line with the United Nations Convention on Biological Diversity. With 2/3rds of Canada's coastal regions found in the Arctic, areas like Hudson Bay will be central to achieving those targets. In this course, students will gain foundational knowledge on coastal oceanography and be provided with hands-on experiences to learn field techniques used in physical, chemical, and biological (microbes through algae) coastal oceanographic studies. Additionally, students will work on assignments that will help develop data synthesis, presentation, critical thinking, and writing skills.

Course Learning Outcomes

Objectives:

- Hands-on learning of oceanographic sampling techniques and observational methods
- Participation in a day-long cruise on an oceanographic research vessel in Hudson Bay
- Conducting field research in biological, chemical, and physical oceanography
- Conceptual understanding of the oceanography of Arctic coastal ecosystems

The student will be expected to be able to:

- Review the various techniques for sampling from a research vessel and assess the advantages and disadvantages of these
- Define problems in coastal oceanography facing the Arctic today
- Understand the principles of analytical techniques used in oceanographic research
- Apply these principles to a research project chosen by the student

Subject materials to be presented:

- Arctic Coastal Oceanography: freshwater-marine interactions, anthropogenic impacts
- Physical Oceanography: currents, tides, optical properties of water (CDOM), remote sensing
- Chemical Oceanography: nutrients, dissolved oxygen, salinity, pH, alkalinity, stable isotope tracers
- Biological Oceanography: phytoplankton, primary productivity, microbes
- Field Sampling Methods + Data Analyses

Course Materials

Readings and notes will be distributed via UM Learn.

Course Schedule

Arctic Oceanography Field Course

ENVR 4000/GEOG 4670 Special Topics

Tentative Schedule and order of material to be covered

Date	Topic
September 1	Travel from Winnipeg (UM, Wallace Building) to Thompson by car, board overnight train to Churchill
September 2	Arrive CNSC, Topics: Introduction to Oceanography, Churchill Marine System Activity: Set-up and Deploy Mooring
September 3	Topics: Background, Observations, and Methods in Physical, Chemical, and Biological Oceanography, Remote Sensing + Other Observational Methods
September 4	Topic: Working at Sea, Field Equipment & Instruments, Safety, Field Day Preparations Activities: Small groups, plan for sampling day
September 5	Group 1: Ship-board sampling on the RV William Kennedy (overnight) Group 2: OSIM Tour, Visit Churchill
September 6	Group 1: OSIM Tour, Visit Churchill

	Group 2: Ship-board sampling on the RV William Kennedy (overnight)
September 7	Topics: Debrief on ship sampling days, Introduction to <i>in situ</i> sensor data: sensor downloads and data processing Activities: metadata compilation and break-out groups for data processing
September 8	Topics: Introduction to Ocean Data View - plotting data Activities: break-out groups for data analyses and plotting (student projects)
September 9	Topics: Group Presentations, Travel to Thompson on overnight train
September 10	Arrive back in Winnipeg (UM, Wallace Building)
Small groups assembled during the field course will schedule time with each instructor to accomplish laboratory analyses of collected samples and follow-up data analyses through the rest of the semester, as required.	
September 18	Field Report due, Monday September 18th.
September 19	Last date to drop course without penalty
October 2	National Day for Truth and Reconciliation (observed)
October 9	Thanksgiving Day (observed)
November 13	Remembrance Day (observed)
November 13--17	Fall Break -- No Classes
November 21	Voluntary Withdrawal (VW) Deadline
November 24	Final Term Paper due, Friday Nov 24th.

Course E

valuation and Assessments

Course Evaluation

This course will use a variety of methods to give all types of learners an opportunity to excel. The **Group Presentation** will be used to build upon the student's presentation skills; the **Field Report** will help with organization and planning, and the **Final Term Paper** will help develop critical thinking and writing skills. The **Research Project** as a whole will provide a true field research experience.

Due Date	Assessment Tool	Value of Final Grade
N/A	Class Participation	20 %
September 9	Group Presentations	15 %
September 19	Field Report	25 %
November 24	Final Term Paper	40 %

Assessment Descriptions

TITLE-Research Project

GOAL-This assignment will help build presentation, critical thinking, and writing skills

PROCEDURE-The **Research Project** will consist of three different submissions: 1) Group Presentation, 2) Field Report, and 3) Final Term Paper. The Research Project topic will be chosen during the field course by groups consisting of 3-4 students each. With the guidance of the instructors, each group will develop a research question/objective and data collection plan pertaining to the Churchill River estuary and adjacent coastal marine system. The dataset will then be collected during the 2 days of shiptime in the Churchill River estuary aboard the RV William Kennedy. The three different submissions associated with the Research Project will consist of the following:

1) Group Presentation (presented as a group)

- 10-15 minute computer slide-based presentation summarizing the research question/objective, data collection, and preliminary analyses

2) Field Report (written and submitted individually)

- No set page length, double spaced, 12 pt TNR Font
- Short Introduction – 1-2 paragraphs to introduce the research question/objective
- Methods – describe study site, pertinent methods used to answer the research question, and a detailed list of samples collected (i.e., metadata form)
- Preliminary Results and Remaining Analyses – if data are available, plots can be created and briefly interpreted, outline analyses left to accomplish (r.e., laboratory analyses)
- References – use a single journal reference style throughout (e.g., Journal of Geophysical Research, Elementa, Limnology & Oceanography)

3) Final Term Paper (written and submitted individually)

- 15 pages maximum, double spaced, 12 pt TNR Font, inclusive with figures, tables, and references
- Abstract – Summary of 150-250 words
- Introduction – describe the importance of your topic, provide a short background to set the stage for your paper, then conclude with your research question/objective
- Methods – describe study site and methods used in the project
- Results – present the results using figures and tables as required, identify trends if any, report on statistical analysis if appropriate,
- Discussion – discuss and interpret the results relative to the research question/objective, use references to support your discussion
- Conclusion – this is not an abstract, conclude on what you discuss in the paper and particularly, relate back to your original thesis of the paper
- References – use a single journal reference style throughout (e.g., Journal of Geophysical Research, Elementa, Limnology & Oceanography)

SUBMISSION GUIDELINES – Submissions should be made as word documents via UMLearn (submissions 2 and 3) and as computer slide-based presentation during class time (submission 1).

EVALUATION CRITERIA – Each submission will be marked on the following:

1) Group Presentation (presented as a group)

- The Presentation will be marked according to time (20%), slide content, organization and quality (40%), creativity (20%), and ability to answer questions (20%).

2) Field Report (written and submitted individually)

- The Field Report will be marked according to introduction (15%), methods (30%), metadata form (30%), preliminary results and remaining analyses (15%), and References (10%)

3) Final Term Paper (written and submitted individually)

- The Final Term Paper will be marked according to length (10%) abstract (10%), introduction (10%), results (25%), discussion (25%), conclusion (10%) and References (10%)

Assignment Feedback

Marks and comments on all submissions will be provided in a timely manner following the submission deadline. In particular, marks for the group presentation and field report will be provided prior to the VW date.

Grading

Final Grade: A total mark of less than 50% in the course will result in a grade of **F**. Marks between 50% and 100% will be graded from **D** to **A+** according to the Department of Environment and Geography grading scheme below:

Letter Grade / Percentage

90-100 / A+

80-89 / A

75-79 / B+

70-74 / B

65-69 / C+

60-64 / C

50-59 / D

<49.9 / F

Course Policies

Academic Conduct:

Students should acquaint themselves with the University's policy on plagiarism and cheating and examination impersonation (see University of Manitoba General Calendar). The copying of another student's assignment (or an instructor's answer sheet from a previous year) or the submission of the same material for two or more courses is plagiarism. Plagiarism and other forms of cheating are prohibited. The full definition of plagiarism and the possible penalties associated with it are outlined in the General Calendar. If your submitted assignment contains material you have copied from another source (e.g., from a textbook, web page, or from the published literature) you must give proper credit to that source.

Accessibility and Medical Circumstances:

The University of Manitoba is committed to providing an accessible academic community. [Students Accessibility Services \(SAS\)](https://umanitoba.ca/student-supports/accessibility) (<https://umanitoba.ca/student-supports/accessibility>) offers academic accommodation supports and services such as note-taking, interpreting,

assistive technology and exam accommodations. Students who have, or think they may have, a disability (e.g., mental illness, learning, medical, hearing, injury-related, visual) are invited to contact SAS to arrange a confidential consultation.

520 University Centre

(204) 474-7423

Student_accessibility@umanitoba.ca

Students who are unable to meet a course requirement due to medical circumstances are currently not required to submit medical notes. However, students are required to contact their instructor or academic advisor by email to inform them of the missed work and to make arrangements for extensions, deferrals, or make-up assignments. Please follow these guidelines if you are unable to meet an academic requirement for your courses.

- Contact your instructor for term work such as a class, quiz, midterm/test, assignment, lab;
- Contact an advisor in your faculty/college/school of registration for a missed final exam (scheduled in the final examination period);
- Inform your instructor/advisor as soon as possible, do not delay. Note for final exams, students must contact within 48 hours of the date of the final exam; and
- Email your instructor/advisor from a U of M email address, and include your full name, student number, course number, and academic work that was missed.

The voluntary withdrawal deadline date for this course is Nov. 21, 2023.

Attendance

Attendance to the Field Course and post-field laboratory analysis is required.

Assignment Extension and Late Submission

Late assignments will not be accepted.

Class Communication

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

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

Recording Class Lectures

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

Technology Use

Policies such as the [Respectful Work and Learning Environment policy \(RWLE\)](#) are applicable in all University-related activities, even ones happening in online environments such as social media platforms. It is the general University of Manitoba policy that all technology resources are to be used in a responsible, efficient, ethical, and legal manner.

Using Copyrighted Material

Please respect copyright. We will use copyrighted content in this course. We have ensured that the content we use is appropriately acknowledged and is copied in accordance with copyright laws and university guidelines. Copyrighted works, including those created by us, 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 (e.g., Course Hero, Chegg, etc.), unless an exception to the Copyright Act applies or written permission has been confirmed. For more information, see the [University's Copyright Office website](#) (<http://umanitoba.ca/copyright/>) or contact um_copyright@umanitoba.ca.

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>) 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 [Everything You Need to Thrive](https://umanitoba.ca/student-supports) (<https://umanitoba.ca/student-supports>) website.

2SLGBTQIA+ Community

Find your queer community on campus! UM is committed to being an inclusive and welcoming space for all 2SLGBTQ+ students, staff and faculty. Visit the [2SLGBTQ+ Community](https://umanitoba.ca/2slgbtq-community) (<https://umanitoba.ca/2slgbtq-community>) website to access services, find resources, and connect with like-minded people and allies.

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) (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-health-and-wellness) (https://umanitoba.ca/student-health-and-wellness)

supports/student-health-and-wellness) website, and make note of several specific UM and community supports listed below.

Winnipeg Urgent Physical and Mental Health Care

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

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

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

Student Counselling Centre (SCC)

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

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

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

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

Health and Wellness Office

Students often juggle multiple demands, and we recognize that it can be difficult to find balance. For any changes you want to make to your health and wellness, the Health and Wellness Office at the University of Manitoba would like to support you in your journey. We are here to help you take control of your own health and make your own decisions. We are a judgment-free space and we avoid labels whenever possible. For more information, please visit the [Health and Wellness Office](https://umanitoba.ca/student-supports/health-wellness) (https://umanitoba.ca/student-supports/health-wellness) website.

Spiritual Care and Multifaith Centre

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

Student Support Case Management (SSCM)

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

University Health Service (UHS)

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

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

Student Services at Bannatyne Campus

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

Indigenous Students

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

International Students

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

Sexual Violence Support and Education

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

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

Student Accessibility Services (SAS)

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

Student Advocacy

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

University of Manitoba Libraries (UML)

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

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