

Syllabus

HNSC 2000: Research Methods and Presentation

(Fall 2026)

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Course Details

Course Title & Number:	Research Methods and Presentation - HNSC 2000-A01 (W)
Term	Fall 2026
Number of credit hours:	3
Pre-Requisites:	AGRI 2400 (minimum Grade: D) or STAT 1000 (minimum Grade: D) or STAT 1001 (minimum Grade: D) or STAT 1150 (minimum Grade: D)
Class Times & Days:	Monday/Wednesday/Friday 9:30 am –10:20 am
Class Location:	RUSSELL 213
Labs/Tutorials Times & Days:	Confirm your session on Aurora
Labs/Tutorials Location:	J.H. ELLIS 344

Instructor Contact Information

Instructor Name:	Jaspreet Kaur
Preferred Form of Address:	Jaspreet, or Ms. Kaur
Office Hours:	Meet after class (if brief) or make appointment by UM email
Office location:	Room 268, Ellis Building
Email:	JaspreetKaur@umanitoba.ca All email communication must conform to the Communicating with Students university policy.

Please make sure you do the following before emailing:

- Check this Syllabus first. If you are asking about course or exam information, chances are the answers are already in this syllabus.
- Use full, properly structured sentences. The overall structure of your email should be professional.
- Use a proper salutation.
- Always include your name in a signature to help the instructor identify the student.
- Include 'HNSC 2000' in the subject line

I will respond to emails within 24-48 hours, except for weekends, holidays, or exam days.

Traditional Territory or Land Acknowledgements

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

Equity and Inclusion Commitment

I recognize that each student has been shaped by unique lived experiences that differ significantly based on various factors, including their personal and social identities. As your instructor, I commit to improving equity, accessibility, and inclusion to continuously support students in actively engaging with this course.

Course Description

U of M Course Calendar Description

An introduction to research designs, methods and techniques, as well as the practice of disseminating results, in the context of selected determinants of health. Applications in natural and social sciences will be presented. Skills related to presenting research findings will be taught.

General Course Description

This course presents different approaches to research related to the determinants of health. Contrasting quantitative, qualitative and mixed methods approaches will provide students with an introduction to the comprehensive research skills expected in many areas of employment. Basic and applied research methods will be identified. The course includes instruction on presenting research projects and results.

The “W” in the course number indicates that this course meets the University of Manitoba’s three-hour writing requirement. The quality of your writing will be an important factor in the grading of your course work. Correct grammar, organization of ideas, and use of words will be evaluated. A minimum of 2 papers of 6-8 pages (3000-word count) must be completed to meet the writing requirement.

Course goals and learning Outcomes

This course provides an opportunity to understand research paradigms. It is expected that the experience will give students the ability to efficiently determine the characteristics of each research paradigm and review published research to observe the application of these characteristics.

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

1. List key characteristics of the social determinants of health
2. Review and refer to scientific literature
3. Critically assess research methods pertinent to technology innovation research.
4. Demonstrate knowledge and understanding of data analysis and interpretation in research
5. Identify presentation styles that explain research findings to different audiences
6. Identify the elements of scientific proposals and papers for publication in a peer-reviewed journal.

Course Materials

Required Materials:

Bell, E., Bryman, A., & Kleinknecht, S. W. (2022). Social Research Methods (6th Canadian ed.). Oxford University Press

Supplementary materials: Supplementary readings will be assigned. These will be posted on UMLearn.

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

UMLearn will serve as the primary platform for course information and assignment submissions. You are expected to check it regularly to stay up to date with all course communications.

Accessing UM Learn**How do I log in to UM Learn?**

1. Go to www.umlearn.ca
2. Click on UM Learn Login button.
3. On the new login page, enter your UM email address.
4. Enter your password.
5. Click Sign in or press Enter.

How do I access my course(s) in UM Learn?

To access your course in UM Learn:

1. Log in to UM Learn (www.umlearn.ca) using your email address and password.
2. Scroll down the page until you see the “My Courses” widget where each course is represented by an image.
3. Click “List all courses” to see courses that do not appear in the list.
4. If you need to search, you can use the Advanced Search option to find the course.
5. Click on the image or course name to access the course.

Course Schedule

This schedule is subject to change at the discretion of the instructor and/or based on the learning needs of the students but such changes are subject to [section 2.8 of the ROASS procedure](#).

Date	Class Content	Required Readings
Sept 9, 11	Introduction and Syllabus review General Research Orientations (Paradigms)	Syllabus, Chapter 1
Sept 14, 16, 18	Searching existing literature & referencing (*guest) General Research Orientations cont'd Academic writing tools & strategies (*guest)	Chapter 1
Sept 21, 23, 25	Social determinants of health Research Designs	Chapter 2
Sept 28, Oct 2	Research Methods & Methodology Research Ethics	Chapter 2 Chapter 3
Oct 5, 7, 9	Conducting literature reviews Quantitative research Survey research (Quantitative)	Chapter 4 Chapter 5
Oct 14, 16	Quantitative: Observation Sampling	Chapter 6 Chapter 7
Oct 19, 21, 23	Data Analysis	Chapter 8
Oct 26, 28, 30	Qualitative Research Ethnography	Chapter 9 Chapter 10
Nov 2, 4, 6	Qualitative: Interviewing Content analysis Data analysis	Chapter 11 Chapter 12 Chapter 13
Nov 9, 11, 13	Fall Term Break	
Nov 16, 18, 20	Multi-Strategy Research Conducting research projects	Chapter 14 Chapter 15
Nov 23, 25, 27	Conducting research projects (cont'd)	Chapter 15
Nov 30, Dec 2, 4	Knowledge Translation Review: Course content	
Dec 7, 9	Review: Course content	
Dec 11	No Class	
Dec 12—23	Fall Term examinations and tests	
<i>*Subject to modification based on guest availability</i>		

Lab schedule

Date	Lab Content	Submission due date
Sept 21, 23, 25	Lab #1: Finding Sources and Referencing	Due in lab (PDF uploaded to UM Learn)
Oct 19, 21, 23	Lab #2: Presenting Research to a non-technical audience	Due in lab (PDF uploaded to UM Learn)
Nov 23, 25, 27	Lab #3: Critical Review & Oral Presentation	Due in lab (PDF uploaded to UM Learn)

*****Confirm your sessions in Aurora**

Other Important Dates

Sept 9, 2026: First day of classes

Sept 15, 2026: Last Day to Drop irregularly dated Fall and Fall/Winter term spanning courses on Aurora*

Sept 16, 2026: Last Day to Add irregularly dated Fall and Fall/Winter term spanning courses on Aurora*

Sept 22, 2026: Last day to DROP Fall Term and Fall/Winter Term Spanning classes Part A without financial penalty

Sept 23, 2026: Last day to ADD for Fall Term and Fall/Winter Term classes

Nov 24, 2026: Voluntary withdrawal deadline for Fall Term courses

Dec 11, 2026: Last day of classes

Jan 25, 2027: Final grade appeal deadline for Fall Term classes

Course Evaluation and Assessments

Evaluation of individual and group assessments will focus on lecture material, including questions and in-class discussions. Students are strongly encouraged to read the textbook and assigned readings to enhance their learning and understanding of the lecture material. Individual work must be completed by the students themselves. Detailed instructions about the assignments will be provided on UM Learn.

See table below for assessment details.

Evaluation	Mode	Due date	Value
Quiz 1 (Multiple choice questions) (questions will be based on unit 1 and 2)	Online	October 5, 2026	5%
Lab Assignment 1 & 2	Group	See lab schedule	10%
Assignment 1	Individual	October 24, 2026	10%
Lab Assignment 3	Group	See lab schedule	10%
Quiz 2 (Multiple choice questions) (questions will be based on unit 3 and 4)	Online	October 30, 2026	5%
Mid-term Exam	In-person & Individual	November 20, 2026	20%
Assignment 2	Individual	December 11, 2026	10%
Final Exam (Multiple choice/ True and False, and short answer questions)	In-person & Individual	TBA	30%

Assignment descriptions:

Assignment 1: Literature Review on Diet, Health and the effect of social determinants of health

The goal of this assignment is to:

1. Practice finding relevant academic sources on a topic of interest
2. Practice summarizing and synthesizing research findings.
3. Use scientific literature and reference accurately.

Procedure:

- Select a topic of interest related to non-communicable diseases.
- Select one social determinant of health that affects the relationship between diet and the selected non-communicable disease.
- With a minimum of five academic resources, you will write a paper of 12 –15 pages, font size 12, double-spaced, excluding cover page and references (APA format).

The use of relevant figures and tables are encouraged (maximum of 5 figures and/or tables)

Assignment 2: Research Proposal Presentation

The goal of this assignment is to:

1. Help students identify a research problem
2. Practice developing and supporting a hypothesis
3. Introduce students to the process of writing a research proposal

Procedure:

1. Identify a nutrition problem in a specific population
2. Formulate a specific research question.
3. Decide on a research strategy (e.g., qualitative, quantitative, mixed)
4. Conduct a **literature review** to give background and introduce the reader to the topic and to justify your research question
5. Write the research proposal consisting of a **title page, introduction, research question, hypothesis, proposed methodology, ethical considerations, and significance** of the research to the nutrition field.

Proposal should be 15—20 pages double-spaced, excluding cover page and references (APA format).

Referencing Style

The referencing style required is the Publication Manual of the American Psychological Association, 7th ed. See Publication Manual of the American Psychological Association (APA), 7th edition or visit <https://apastyle.apa.org/instructional-aids/tutorials-webinars>

Assignment Feedback

Assignment feedback with grades will be provided to students electronically approximately 10—14 days after submission.

Grading

Grades are assigned at the end of the year by converting your cumulative percentage mark into a letter grade, using the following table.

Letter Grade	Percentage	Grade Point Range	Final Grade Point
A+	90-100	4.25-4.5	4.5
A	80-89.9	3.75-4.24	4.0
B+	75-79.9	3.25-3.74	3.5
B	70-74.9	2.75-3.24	3.0
C+	65-69.9	2.25-2.74	2.5
C	60-64.9	2.0-2.24	2.0
D	50-59.9	Less than 2.0	1.0
F	Less than 50		0

Expectations

We all have the right to feel safe and accepted. Therefore, we have a responsibility to act with integrity, to be accountable, and to demonstrate respectful behaviour.

I WILL EXPECT YOU TO:

1. Show respectful conduct
2. Participate actively in class
3. Adhere to class policies: email, academic integrity etc
4. Ask for help when needed...the earlier the better

YOU CAN EXPECT ME TO:

1. Be respectful
2. Provide you with relevant support
3. Be available to answer your questions
4. Share slides on UMLearn

I am committed to supporting your academic growth and success.

Lab Expectations

1. Attend the required lab section and complete exercises assigned in labs.
2. Complete all readings, assignments, quizzes and tests set by the instructor.
3. Maintain respectful communication with the instructor, lab TAs, grader-markers and fellow students at ALL TIMES. See:

https://umanitoba.ca/admin/governance/governing_documents/community/230.html

Course Policies

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.

Academic Integrity

Plagiarism and cheating

Plagiarism or any other form of cheating in examinations, term tests or academic work is subject to serious academic penalty (e.g. suspension or expulsion from the faculty or university). Cheating in examinations or tests may take the form of copying from another student or bringing unauthorized materials into the exam room (e.g., crib notes, pagers or cell phones). Exam cheating can also include exam personation. (Please see [Exam Personation](#), found in the Examination Regulations section of the General Academic Regulations). A student found guilty of contributing to cheating in examinations or term assignments is also subject to serious academic penalty.

To plagiarize is to take ideas or words of another person and pass them off as one's own. In short, it is stealing something intangible rather than an object. Plagiarism applies to any written work, in traditional or electronic format, as well as orally or verbally presented work. Obviously, it is not necessary to state the source of well-known or easily verifiable facts, but students are expected to appropriately acknowledge the sources of ideas and expressions they use in their written work, whether quoted directly or paraphrased. This applies to diagrams, statistical tables and the like, as well as to written material, and materials or information from Internet sources. To provide adequate and correct documentation is not only an indication of academic honesty but is also a courtesy, which enables the reader to consult these sources with ease. Failure to provide appropriate citations constitutes plagiarism. It will also be considered plagiarism and/or cheating if a student submits a term paper written in whole or in part by someone else or copies the answer or answers of another student in any test, examination, or take-home assignment. Working with other students on assignments, laboratory work, take-home tests, or on-line tests, when this is not permitted by the instructor, can constitute Inappropriate Collaboration and may be subject to penalty under the Student Discipline By-Law.

An assignment, which is prepared and submitted for one course should not be used for a different course. This is called "duplicate submission" and represents a form of cheating because course requirements are expected to be fulfilled through original work for each course. When in doubt about any practice, ask your professor or instructor.

The Student Advocacy Office, 519 University Centre, 474-7423, is a resource available to students dealing with Academic Integrity matters.

AI Use Policy:

AI tools may be used only for basic grammar and spelling checks. The use of AI for generating content, reorganizing ideas, paraphrasing, or improving arguments is not permitted. All submitted work must reflect the student's own original thinking and writing.

Recording Class Lectures:

The course 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 from the course 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 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

Attendance:

It is highly recommended that students attend class, as pertinent deadlines will be discussed, and it is your opportunity to ask questions and engage with class content.

Assignment Extension and Late Submission Policy

Assignments will be submitted as PDF to UM LEARN on or before the posted due date. All assignments received past the due date will be subject to a late penalty of 10% per day. Extensions must be requested before the assignment's due date to be considered. If you are unable to submit an assignment due to an emergency, contact the instructor as soon as possible. The earlier, the better!

UNIVERSITY SUPPORT OFFICES & POLICIES

Writing and Learning Support

The Academic Learning Centre (ALC) offers services that may be helpful to you throughout your academic program. Through the ALC, you can meet with a learning specialist to discuss concerns such as time management, learning strategies, and test-taking strategies. The ALC also offers peer supported study groups called Supplemental Instruction (SI) for certain courses that students have typically found difficult. In these study groups, students have opportunities to ask questions, compare notes, discuss content, solve practice problems, and develop new study strategies in a group-learning format.

You can also meet one-to-one with a writing tutor who can give you feedback at any stage of the writing process, whether you are just beginning to work on a written assignment or already have a draft. If you are interested in meeting with a writing tutor, reserve your appointment two to three days in advance of the time you would like to meet. Also, plan to meet with a writing tutor a few days before your paper is due so that you have time to work with the tutor's feedback.

These Academic Learning Centre services are free for U of M students. For more information, please visit the Academic Learning Centre website at: <http://umanitoba.ca/student/academiclearning/>

You can also contact the Academic Learning Centre by calling 204-480-1481 or by visiting 205 Tier Building.

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 can be found by subject: <http://bit.ly/WcEbA1> or name: <http://bit.ly/1tJ0bB4>. 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 following: <http://bit.ly/1sXe6RA>. When working remotely, students can also receive help online, via the Ask-a-Librarian chat found on the Libraries' homepage: www.umanitoba.ca/libraries.

For 24/7 mental health support, contact the Mobile Crisis Service at 204-940-1781.

Student Counselling Centre

Contact SCC if you are concerned about any aspect of your mental health, including anxiety, stress, or depression, or for help with relationships or other life concerns. SCC offers crisis services as well as individual, couple, and group counselling. Student Counselling Centre:

<http://umanitoba.ca/student/counselling/index.html>

474 University Centre or S207 Medical Services

(204) 474-8592

Student Support Case Management

Contact the Student Support Case Management team 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.

Student Support Intake Assistant <http://umanitoba.ca/student/case-manager/index.html> 520 University Centre
(204) 474-7423

University Health Service

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)

Health and Wellness

Contact our Health and Wellness Educator if you are interested in [peer support from Healthy U](#) or information on a broad range of health topics, including physical and mental health concerns, alcohol and substance use harms, and sexual assault. Health and Wellness Educator

<https://umanitoba.ca/student/health-wellness/welcome-about.html>
britt.harvey@umanitoba.ca

Live Well @ UofM

For comprehensive information about the full range of health and wellness resources available on campus, visit the Live Well @ UofM site:

<http://umanitoba.ca/student/livewell/index.html>

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 provides copyright resources and support for all members of the University of Manitoba community. Visit <http://umanitoba.ca/copyright> for more information.

Your rights and responsibilities

As a student of 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 [Academic Calendar](http://umanitoba.ca/student/records/academiccalendar.html) <http://umanitoba.ca/student/records/academiccalendar.html> is one important source of information. View the sections University Policies and Procedures and General Academic Regulations.

While all of the information contained in these two sections is important, the following information is highlighted.

- 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 website for more information including appeal deadline dates and the appeal form <http://umanitoba.ca/registrar/>
- You are expected to view the General Academic Regulation section within the Academic Calendar and specifically read the Academic Integrity regulation. Consult the course syllabus or ask your instructor for additional information about demonstrating academic integrity in your academic work. Visit the Academic Integrity Site for tools and support <http://umanitoba.ca/academicintegrity/> View the Student Academic Misconduct procedure for more information.
- The University is committed to a respectful work and learning environment. You have the right to be treated with respect and you are expected conduct yourself in an appropriate respectful manner. Policies governing behavior include the:
Respectful Work and Learning Environment
http://umanitoba.ca/admin/governance/governing_documents/community/230.html

Student Discipline

http://umanitoba.ca/admin/governance/governing_documents/students/student_discipline.html and,

Violent or Threatening Behaviour
http://umanitoba.ca/admin/governance/governing_documents/community/669.html

- If you experience Sexual Assault or know a member of the University community who has, it is important to know there is a policy that provides information about the supports available to those who disclose and outlines a process for reporting. The Sexual Assault policy may be found at:

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/>

For information about rights and responsibilities regarding Intellectual Property view the

policy [https://umanitoba.ca/governance/sites/governance/files/2021-06/Intellectual_Property_Policy - 2013_10_01_RF.pdf](https://umanitoba.ca/governance/sites/governance/files/2021-06/Intellectual_Property_Policy_-_2013_10_01_RF.pdf)

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 web site <http://umanitoba.ca/faculties/>

Contact an Academic Advisor within our faculty/college or school for questions about your academic program and regulations <http://umanitoba.ca/academic-advisors/>

Student Advocacy

Contact Student Advocacy if you want to know more about your rights and responsibilities as a student, have questions about policies and procedures, and/or want support in dealing with academic or discipline concerns.

<http://umanitoba.ca/student/advocacy/>

520 University Centre

204 474 7423

student_advocacy@umanitoba.ca

Appendix: ROASS Schedule A

UM Policies

As a student at the University of Manitoba you have rights and responsibilities. It is important for you to know what you can expect from the University as a student and to understand what the University expects from you. Become familiar with the University's policies and procedures and regulations specific to your faculty, college or school.

The University of Manitoba (UM) website's [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](#) 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](#)

[Academic Misconduct and How to Avoid It](#)

[Student Advocacy Office](#)

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](#) 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](#) 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](#)

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](#) website.

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](#)

[Student Discipline](#)

[Violent or Threatening Behaviour](#)

The UM website, [Engaging in 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](#). 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](#), 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](#) 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](#) website to access services, find resources, and connect with like-minded people and allies.

Academic Advising

Contact an [Academic Advisor](#) for support with degree planning and questions about your academic program and regulations.

Academic Learning Centre (ALC)

The [Academic Learning Centre](#) offers one-to-one tutoring, group 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](#). 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](#).

Attend [Supplemental Instruction \(SI\)](#) 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 Skills 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](#). 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](#) 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](#)

[Winnipeg Rental Network](#)

[Manitoba Residential Tenancies Branch](#)

[HOPE End Homelessness Winnipeg Services & Supports](#) (<https://umanitoba.ca/housing>)

Food

[U of M Food Bank](#)

[Food Matters Manitoba](#)

Finances

[UM Financial Aid and Awards](#)

[Manitoba Student Aid](#)

Child Care

[UM Child Care](#)

[Manitoba Child Care Subsidy](#)

[Manitoba Child Care Association](#)

English Language Centre

The [English Language Centre \(ELC\)](#) provides in-person and remote courses, and individual support to students whose first language is not English to support academic success and participation in the University of Manitoba community.

The ELC helps students meet the English Language Proficiency Requirement for most programs at the University of Manitoba. Over 80 per cent of students who enter the ELC's Intensive Academic English Program successfully complete the program and begin their degree at the University of Manitoba.

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](#) 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, you can:

contact the [Canada Mental Health Crisis Line](#) at 9-8-8

or the [Klinic Community Health](#) 24/7 crisis line at 204-786-8686, visit the [Crisis Response Centre](#) located at 817 Bannatyne Avenue.

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](#) 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](#) webpage for a list of locations and current wait times.

Student Counselling Centre (SCC)

The [Student Counselling Centre](#) 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](#) webpage or the urgent care resources listed above if you require immediate support.

Visit the [SCC's Our Services](#) webpage for more information on accessing a variety of services including individual counselling, counselling workshops and groups, support resources, and learning disability assessment services. *The SCC is located at 474 UMSU University Centre (Fort Garry Campus).*

Health and Wellness Office

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

Student Wellness Centre (SWC)

The SWC is an inclusive space for students to rest, recharge and learn skills to actively engage in and maintain their wellbeing throughout their time in university. It is a resource hub for a range of wellness-related services including consultations with our professional staff and trained peer educators, events such as pet therapy, workshops, gatherings, and free harm reduction supplies. For more information, please visit the [Student Wellness](#) website. *The SWC is located at 162 Extended Education Building (Fort Garry Campus).*

Spiritual Care and Multifaith Centre

Spiritual care services are available to all, whether you identify as spiritual, atheist, religious or agnostic. [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](#) is a safe and confidential space, offering students direct support and assistance with getting connected to supports on campus and in the community. We can help with challenges related to mental health, financial or housing insecurity, safety concerns, or any ongoing challenges that are affecting your ability to focus on academics.

Contact the [Student Support Case Management team](#) 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](#) offers a full range of medical services to students, including psychiatric consultation, via two health clinics:

Fort Garry Campus (204) 474-8411, 100 UMSU University Centre

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](#) 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](#) 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](#) website 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](#), 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](#) 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). You contact SAS in person, by phone (204 474 7423) or email (student_accessibility@umanitoba.ca)

Student Advocacy

[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](#)

General library assistance is also available at both the Bannatyne and Fort Garry campuses by [visiting any library location](#). When working online, students can receive help via the Ask Us chat button found on the right-hand side of the [Libraries' homepage](#).

University of Manitoba Students' Union

As the official representative of all University of Manitoba undergraduate students, the [University of Manitoba Students' Union](#) (UMSU) provides a range of resources, services, events and support services, including the U-PASS, Health and Dental coverage, Legal Aid, and more.