

Class  
of  
2028



# Pre-Clerkship Guide

# CONGRATULATIONS

## CLASS OF 2028!

We are excited to welcome you to the Max Rady College of Medicine and to the medical profession! You are about to enter some of the most fun, challenging, and memorable years of your life. Over the next four years you will be surrounded by your University of Manitoba and Doctors Manitoba family as you navigate and master the exciting world of medicine.

This Guide was written to help you navigate the new, exciting, and sometimes intimidating parts of medical school. In this guide you will find information to help you get settled into the University of Manitoba. This includes parking options, wellness resources, academic policies, social events, and much more! At the end of the guide, we have included an index of contact information that you may find useful throughout the year.

The goal of this guide is to answer some of your questions, including those you didn't even know you had! We know that this part of the entrance process can often feel confusing and overwhelming (trust us, we've been there) and so if there are any other questions you have, don't be afraid to reach out to a student in an upper year, or to a faculty member. This is the start of a brand-new chapter of your life, so get comfortable.

Cheers, and welcome!

## Table of Contents

<b>First and Foremost</b> Summer Checklist Communication Orientation Week Professionalism	<b>Student Government</b> MMSA Med 1-4 Council
<b>Curriculum Overview</b> Medical School Overview Pre-Clerkship Overview	<b>Campus Life</b> General Information Facilities Safety and Security Housing Parking Food Identification Cards
<b>Academics</b> Class Format Note Taking Tips Entrada Attendance Policy Gross Anatomy Lab Service Learning Global Health Rural and Northern Health Examinations OSCE Performance	<b>Interest Groups</b> Executive Positions  <b>Opportunities</b> Shadowing Summer Opportunities Research
<b>Student Life</b> Attire Intramurals Wellness Immunizations Summer Activities Winter Activities	<b>External Organizations</b> Doctors Manitoba UMSU CFMS CMA CPSM <b>Contacts</b>

## Acknowledgments

We would like to thank a few people for the editing, writing, review and production of the Pre-Clerkship Guide.

Doctors Manitoba

MMSA

Council Office of Student Affairs

UGME

# FIRST AND FOREMOST

## Summer Checklist

As soon as school starts, things will get very busy and you will truly hit the ground running, so until then relax! We suggest taking time for yourself, your friends, your family, and for the things that you love to do before the hustle of school begins. There are a few things that we ask that you do (or at the very least start) in the weeks leading up to your first day.

### 1. Activate your University of Manitoba email account

Emails are the primary form of communication at the College of Medicine.

These communications will occur exclusively on your University of Manitoba email account.

If you already have a University of Manitoba email account:

Email [medicine.admissions@umanitoba.ca](mailto:medicine.admissions@umanitoba.ca) from your UofM account to ensure that it is still active and on file.

If you do not already have a University of Manitoba email account:

Please access your ID via the tools located [HERE](#).

This easy-to-follow process will guide you through the claim process in less than 5 minutes. Once you have secured your UofM email address, please forward it to [medicine.admissions@umanitoba.ca](mailto:medicine.admissions@umanitoba.ca) as soon as possible.

If you're having any issues with your UofM email account, contact [support@umanitoba.ca](mailto:support@umanitoba.ca)

### 2. Get your criminal record check (with vulnerable sector search) done

A criminal record check can be obtained from:

Winnipeg Police Service, Public Safety Building 151 Princess St., Winnipeg

or [HERE](#).

Please be advised that there is a charge for ordering a criminal record check. If you are submitting your criminal record check through the online portal, use University of Manitoba- Max Rady College of Medicine as the agency name. Once the search is complete, follow the directions on the email you receive to ensure that the information is released to the university.

For in-person applications, we recommend ordering two copies. One will be submitted to the College of Physicians and Surgeons of Manitoba (CPSM) and the other will be for personal reference. If you do not receive the document in time, you can submit a receipt to CPSM as proof you have started the process. Failure to present either the document or a receipt at the time of registration may bar you from participating in classes until this is complete.

### **3. Complete your Child Abuse Registry form and Adult Abuse Registry Form**

These are completed at 260 Brodie at the University of Manitoba Bannatyne Campus. The office is open Monday to Friday from 8:00 a.m-4:00 p.m. These forms are free of charge. Remember to bring 2 pieces of government issued identification (passport, driver's license, SIN card, etc.) making sure at least one is a photo ID. Again, failing to complete these forms before registration may bar you from participating in classes. If you will not be able to get there before orientation week you can email Anna for advice on what to do at [anna.urbanik@umanitoba.ca](mailto:anna.urbanik@umanitoba.ca).

### **4. Register with Doctors Manitoba and Canadian Medical Association**

Doctors Manitoba represents the entire medical profession, including medical students. The Canadian Medical Association (CMA) is the national voice for physicians.

Both organizations work to help you succeed in medical school and throughout your career. More information on what Doctors Manitoba and CMA are to medical students can be found later in the guide. To become a member of Doctors Manitoba and the CMA review the welcome letter and fill out the complementary application form.

The welcome letter can be found [\*\*HERE\*\*](#).

Complementary application form can be found [\*\*HERE\*\*](#).

## **5. Register with College of Physicians and Surgeons of Manitoba**

The College of Physicians and Surgeons of Manitoba is an independent body from the University of Manitoba. You must be registered with them in order to be a student in the MD program. Once you have accepted your position within the Class of 2028, you will receive a welcome letter from the Admissions office with the CPSM package attached. You must complete this and send it back to the CPSM office no later than their deadline. Failure to register with CPSM will result in you being restricted from participating in classes until registration is complete.

## **6. Read and sign the Immunization Package**

Since you are entering the healthcare field it is important to be up to date on your immunizations. This is a means to protect your patients and to protect yourself!

Take the time to read the Welcome Letter and the Student Manual and complete the Immunization Package. These immunization packages can be emailed to [immune@umanitoba.ca](mailto:immune@umanitoba.ca).

All three documents and other information about immunizations can be found [\*\*HERE\*\*](#). Remember to return all documents to S206P Medical Services Building, at the University of Manitoba Bannatyne Campus by the appropriate date.

## **7. Sign up for BLS Training for Healthcare Professionals**

All students must be CPR certified in a course designated as “Basic Life Support (BLS) for Healthcare Providers Level C” acceptable to the standards of the Heart and Stroke Foundation of Canada. Please note that your certification card must include the Heart and Stroke symbol on it.

On the Bannatyne Campus, CPR courses are available at the Joe Doupe Centre for \$95. The schedule may be found [\*\*HERE\*\*](#). Also keep an eye out on the class Facebook page for a signup sheet in the coming weeks. You may find additional course providers through the Heart and Stroke Foundation website [\*\*HERE\*\*](#).

Should you not be able to obtain certification prior to the start of classes, you may submit a receipt of payment as proof of enrolment. Please note that you will still be required to provide a scan of the certificate upon receipt. Remember that failure to provide a copy of your CPR card to the Administrator will result in you being potentially restricted from participating in classes until the course has been completed.

## **8. Read and sign the Undergraduate Medical Education Program Policies**

All students within the MD program must read the following UGME policies and sign and date the appropriate acknowledgement form.

[HERE](#), you can find the Essential Skills and Abilities (Technical Standards) for Admission, Promotion and Graduation in the MD Program.

[HERE](#), you can find Accommodation for Undergraduate Medical Students with Disabilities policy.

[HERE](#), you can find the Acknowledgement Form. Be sure to submit the signed form to 260 Brodie.

## **9. Complete the Clinical Learning and Simulation Facility (CLSF) User Form and Release**

All students must read and sign the agreement and release forms. The CLSF user agreement forms are emailed to students by the Administrator, Enrolment.

Then please scan and email the completed forms to [enrollmentugme@umanitoba.ca](mailto:enrollmentugme@umanitoba.ca). To learn more about the CLSF click [HERE](#).

## **10. Complete the Photo/Video/Audio Consent and Waiver Forms**

After reading these forms, students must sign, scan, and email the completed forms to [enrollmentugme@umanitoba.ca](mailto:enrollmentugme@umanitoba.ca)

The Consent, Waiver & Assignment can be found [HERE](#).

## **11. Get your University of Manitoba student identification card**



This can be completed at UMSU University Center at Fort Garry Campus. Appointments can be made online, or walk-in is available. Remember to bring a valid piece of government issued ID and have your student ID number handy in case. They will be taking a photo of you at this session and will issue you your ID on the spot. If you already have a University of Manitoba Student ID card, you don't need a new one. Many students will get this ID done during the first day of orientation week in August.

## **12. Actually though, enjoy your summer while you still have one!**

### **Communication**

Over the course of the next 4 years, you will be receiving an overload of information. There are a few key platforms that you should check regularly, as these are where important updates and information are posted.

Facebook is the universal, albeit informal, method of communication between classmates at the College of Medicine. It is important that you are a member of your class's Facebook page. Here, you will find all relevant updates on virtually everything related to your class. This includes things like what your council members are up to, the events that are occurring around campus, study tips, and other resources.

The second page is for every student in the college of Medicine from Med 1 through 4. Here you will find more general information on what's going on around campus, updates from the MMSA, and information that needs to be shared between the classes. By not being a member of either of these groups you will miss out on a lot of key information, so be sure to join both! There will also be a Slack group created for CL2028, this can be found in Facebook Groups.

If you don't currently have a Facebook account, and aren't keen on joining, we would highly recommend reconsidering just for the sake of these two groups. You don't even need a full-blown profile, just an account so you can stay up to date with relevant notifications on what's going on around campus.

## Entrada

Here is where you will find your schedule, grades, lecture materials, attendance records and other resources. Entrada was introduced in 2018, and previous class representatives have done an amazing job optimizing it.

## Professionalism

### MyUmanitoba Email

Now that you've set up your email account be sure to check it very frequently! You will be receiving daily emails from UGME and other individuals giving you updates, reminders, opportunities, and important information that may need your action. Some of these may be time sensitive which makes it even more important to check your email regularly. If you haven't already, set up your MyUmanitoba email on your phone and enable push notifications. If you have an email address already linked to your phone, you can add a second one by downloading the "Outlook" app. If you don't want to deal with two apps for two separate email accounts, you can always set up one email address to forward any emails received to the other address.

If you need help adding your MyUmanitoba email to your iPhone or Android, click

[HERE](#).

## Slack

Slack is a program used by the medical classes for communication. Unlike Facebook, it is organized in channels that contain different types of information. For example, you can set up a channel specific to class announcements, a channel specific to events, a channel specific to course reps, etc. Overall, Slack allows a group to organize and streamline their communication more effectively than Facebook.

## Orientation Week

### Registration

Orientation week will begin on August 19th, 2024. A full timetable of your O-Week schedule will be available on Entrada. When coming to campus, also remember to have your MMSA fee payment on hand when you come to campus. Doctors Manitoba will also be present at the end of the week to answer any questions you may have about how they can help you during your career.

Registration appointments will take place the week prior to Orientation week.

Each incoming Med 1 student will book an appointment to meet with staff and receive the following important items:

- Assigned locker with lock and key
- UM student ID (please bring your existing UofM student ID card if applicable)
- White coat (must bring to campus for White Coat Ceremony)
- Nametag
- Lanyard and other important items

Instructions regarding registration for your appointment will be sent out by the Admissions Office.

### White Coat Ceremony

Your white coat ceremony will be held on August 21, 2024. This is the formal ceremony that celebrates your acceptance into medical school! The white coat ceremony is attended by the deans of the faculty and college, prestigious doctors, Doctors Manitoba, individuals from the community, and often the Minister of Health. You will officially and formally receive your white coat and recite the physician's pledge with your future colleagues. Family and friends are welcome at this event; Typically, students would invite family and friends to this event, however more information will be given closer to the date.

## Evening O-Week Events: Organized by CL2027

The Class of 2027 will be organizing several welcome events for you so, keep an eye out on your Facebook page for more information!

Orientation week will continue during the days of August 19th to 23rd, 2024, with talks from different faculty members to help orient and prepare you for your first year.

## Professionalism for Medical Students

Acceptance into medical school is an acceptance into a professional program. This exciting chapter in your life also means that you now represent the medical profession both within the University and in your everyday life. Medical students are expected to conduct themselves in a professional manner. We are also very visible on campus because of our medicine backpacks, so be mindful that we are easily identifiable to other individuals on campus!

Professionalism means to strive to uphold the core principles of the medical profession (which includes respect, compassion, trustworthiness, justice, altruism, etc.). It is extremely important to be mindful of your words and actions, as these both carry a lot of weight. Professionalism doesn't necessarily constitute a strict set of rules to obey but is a mindset that you will develop and carry with you throughout your medical education, career, and life.

Many of the concepts of professionalism are common sense, however sometimes students run into trouble when it comes to putting these concepts into practice. Below, we list ways to act professionally as a medical student.

## Classroom Behaviour

We are fortunate to be taught by some of the best physicians, surgeons, residents, scholars, and other healthcare professionals in Manitoba. These individuals take time out of their demanding schedules to come teach us the most up-to-date and relevant material from the field. We are very thankful to be taught by these individuals, so it is important to act respectfully in the classroom setting.

Some of these are common sense, but it becomes extra important to make a note of whether or not we are acting professionally at school:

**UGME Classroom and Attendance guidelines can be found [here](#)**

- Attending lectures, tutorials, and off-site classes.
- Arriving to all lectures, tutorials and sessions on time.
- Coming to all tutorials and clinical skills sessions prepared.
- Having cameras on for all mandatory online sessions.
- Not engaging in private conversations during lectures and sessions.

## Feedback

UGME (Undergraduate Medical Education) gives us ample opportunity to give feedback on the curriculum. This includes giving feedback on:

- Courses
- Instructors
- Individual sessions
- Exam questions
- The medical school and curriculum

We are incredibly lucky to have these chances to speak up, give our comments or suggestions and have our voices heard by UGME. In fact, many of the suggestions previous classes have given have translated into changes in the curriculum for your class. We encourage you to take advantage of these opportunities in a courteous and respectful manner.

## Interest Group Activities

Over the course of the year interest groups will host several talks, events, skills nights and other sessions for us. Groups will invite speakers, doctors, and other professionals to attend these events. Generally, these events are free of charge and often offer lunch or dinner. As a courtesy to the interest group organizers, and the individuals they invite to run the session, please make sure that you attend all events for which you sign up.

If you fall sick and cannot make an interest group event it is your responsibility to contact the event organizers. If you can find an individual who can replace your 'spot' at the event, that would be ideal. Not attending an event for which you sign up (without giving the organizers any notice or explanation) will result in an 'interest group absence'. If you receive an interest group absence you will be asked by the Vice-Stick Internal to write a letter of apology to the organizers and the individuals they invited to run the event (physicians, residents, etc.). Three such absences in a year will result in you being 'blacklisted' from interest group events for the following year. The moral of the story is to show up if you sign up! More information can be found in the Interest Group Policy, found [HERE](#).

### **Gross Anatomy Lab**

We are incredibly fortunate to have Gross Anatomy Lab sessions throughout the first year of medical school. These sessions offer us the opportunity to learn about human anatomy from cadavers that have been graciously donated. It is imperative that we treat these cadavers with dignity and respect - much like you will your own patients. This includes maintaining a level of seriousness in the lab and covering all parts of the cadaver that you are not studying during that session.

Additionally, absolutely no photos are allowed to be taken of gross lab specimens and certainly no posting photos of specimens on social media.

### **Social Media**

Medical students and professionals are held to a certain standard and expectation. What you post on social media can follow you for the rest of your life (and affect your professional career). In addition, remember that you are representing the Max Rady College of Medicine from here on. We've attached examples of some dos and don'ts of social media posting [HERE](#)

### **Patient Contact**

Prior to the start of classes, you were required to complete PHIA (Personal Health Information Act) training online and complete the associated pledge. This is a pledge to

protect the confidential information of patients. It is important to maintain utmost patient respect and confidentiality.

## **CURRICULUM OVERVIEW**

### **Medical School Overview**

Over the next few years, you will be going through some of the most exciting and challenging times of your life! Here we will give you a general overview of what the next four years will look like.

#### **First Year**

Your first year at medical school will be a massive introduction to the new and exciting world of medicine. Generally, first year focuses more on health anatomy and physiology. You will start with the Foundations of Medicine course which is a summary/overview of important general science concepts that you probably saw while studying for the MCAT. Then you will rotate through each organ system one or two at a time. These courses range in length from 2-7 weeks. You will also get to learn basic clinical skills (history taking and physical exam techniques), clinical reasoning (how to start working through patient cases), and have an overview of professionalism/medical ethics, indigenous health, and population health. These courses span the entire year. (Pre-Clerkship year 1).

#### **Second Year**

During your second year you will go through each organ system again, this time covering pathology and disease. Your clinical skills, clinical reasoning, population health, and professionalism classes will have a greater overlap with the course curriculum, and concepts learned in first year will be solidified. At the end of the year, you will consolidate the material you learned in the first two years in a course called Consolidation. This course also has an increased focus in pediatrics, pain management, and dermatology. While in your first and second year of medicine you are technically in “pre-clerkship”. (Pre-Clerkship year 2).

### Third Year

Third year is the start of your clerkship, and this is when you start to work in the hospital. You will undergo multiple 6-week rotations in several medical specialties, including Psychiatry, Family Medicine, Surgery, Anesthesia, Pediatrics, Obstetrics & Gynecology, Internal Medicine, and Emergency Medicine. This is in order to get an idea of what each specialty entails. You will also be studying for and writing standardized exams (NBMEs) at the end of each rotation. (Clerkship year 1).

### Fourth Year

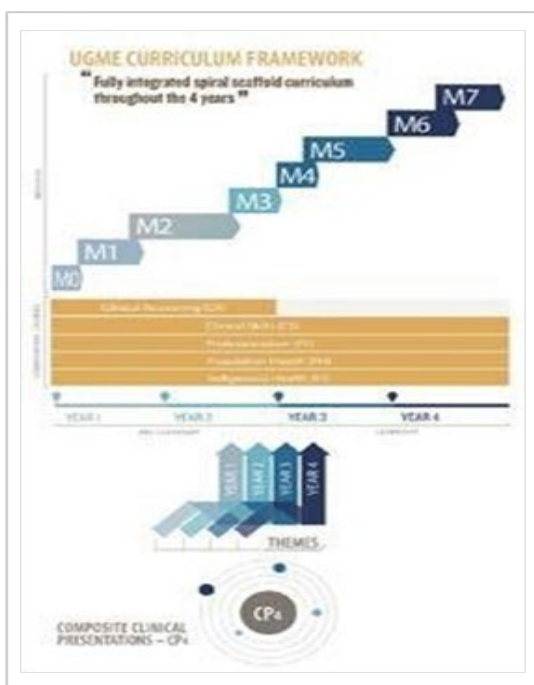
Your last year of clerkship is largely spent doing electives in the specialties that have piqued your interest. Generally, students choose to do these electives across the country. Students will also apply to CaRMS (Canadian Residency Matching Service) and will match to a residency position towards the end of the year. However, we have lots of time before then, so don't sweat about this yet! (Clerkship year 2).



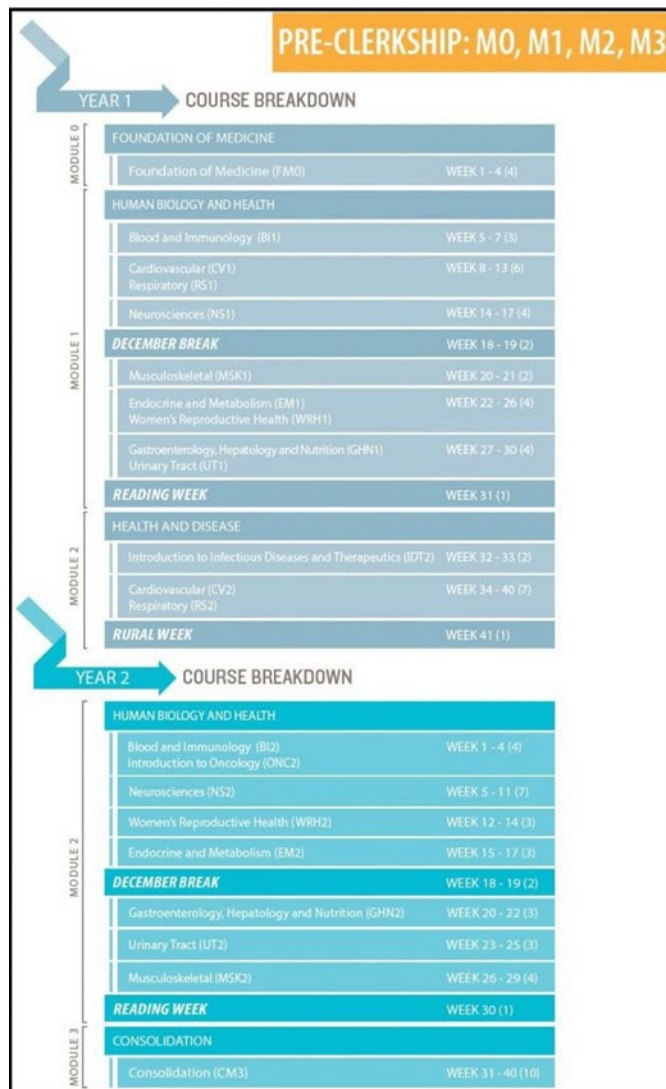
## Residency

Before you can be a practicing and independent doctor, you must complete a residency program in a specialty of your choosing (the residency program you do is what you apply for and match to in CaRMS (in your 4th year).

You can choose anything including Family Medicine (2-year residency), Obstetrics & Gynecology (5-year residency program), Pediatrics (a 4-year program), Cardiac Surgery (6-year residency program) and everything in between. Again, don't worry too much about this now - you have plenty of time before you decide what you want to specialize in!



## Pre-clerkship Course Timeline



More details on what is entailed in each course can be found on the UGME website

[HERE](#).

In addition to each of the modular courses, or 'organ system' courses, there are five 'longitudinal courses' that span the entirety of your first two years (the courses in orange in the figure on the previous page).

## ACADEMICS

### Class Formats

**Whole Group Sessions (WGS)** - lectures with your entire class. These are often (but not always) recorded and attendance is not normally tracked. In your first year, most of these will take place in Apotex 050 in the Apotex building. For 2024-25, overflow seating will be available in a second space. UGME will provide further information regarding lecture space.

**Small Group Sessions (SGS)** - tutorial styled sessions with a group of around 6-18 students. Often these involve case-based problems that help solidify what was taught in lecture and give you an opportunity to think clinically about the material. Most often these take place in the BMS rooms or in other smaller rooms around campus - so make sure to check Entrada to see where you're assigned. Attendance is expected and tracked in all small group sessions. We recommend you prepare for these sessions in advance in order to get the most out of them.

**Unique Learning Opportunity (ULO)** - a subcategory of small group sessions where the learning would be difficult to reproduce independently. All Clinical Skills, Clinical Reasoning, Anatomy and other special educational events (including those with any patient involvement) are unique learning opportunities. Students should not plan absences during these scheduled learning events – absences are subject to additional levels of review.

**Assigned Studies (AS)** - protected times given in the schedule to go over assigned readings, watch a pre-recorded lecture, or prepare for upcoming tutorials. There are no live lectures during this time and no class to attend. The readings or pre-recorded lectures can be found on Entrada. Even though this is self-learning time the material is still testable!

### Note taking tips

Often students find it difficult to find the study methods and rhythm that works best for them. There is no right way to study, and everyone finds different strategies and

resources effective. However, we've compiled some of the most useful and universal tips that students have chosen to use.

You don't have to do any of these - just do whatever works for you.

1. Download **OneNote** for your device. This program is offered free through your university student email account, and even offers you 1 TB of storage for free through OneDrive. OneNote is helpful for organizing PowerPoint lectures and for typing, writing, and drawing on your notes. Often students organize their notes by subject, and then by date or subheading.
2. Get an **iPad or tablet**. Many students have found it invaluable to have an iPad or tablet to help facilitate their learning. We do not recommend printing off notes and writing on them as that would be 1000s of pages and too many trees! Having a tablet for note taking and drawing has the same effect but in a more organized (and environmentally friendly) way. The most popular models have been the iPad Pro (with Apple Pencil), the Microsoft Surface Pro, or Surface Book. For the iPad, or any Apple product, be sure to check out the awesome student deals that end sometime in September!
3. Check the class notes google drive for supplemental resources. The class academic **google drive** is a folder full of helpful notes and information from previous years that have been compiled for each unit. Your Academic Reps (elected sometime in September) will post a link providing you access into the drive within the first month of school. Some of the provided notes include great summary notes for each lecture, tutorial answer keys, and other helpful notes provided by students in previous years. If you see anyone who has posted these notes in the hall, give them a big thank you as these notes are incredibly helpful.
4. For a quick lecture summary use '**Kardy Notes**' which is located on google drive. 'Kardy Notes' gives you a quick and comprehensive rundown of a given lecture. If you find yourself in a bind, or just want to read another person's notes to solidify concepts, these have been very useful!
5. Use **Erin's flashcards** to master any lecture. These can also be found in the google drive, and the link will take you to Quizlet. Please be mindful that courses

may vary from year to year as these are made by ALL previous classes, not just CL2024.

6. Use **Anki Cards** in the google drive (made by members of the class of 2024) or make your own. Lots of people find flashcards the best way to learn the material or to test themselves after studying!
7. If you feel unsure about a topic, try **rewatching** the lecture. The fact that our lectures are often recorded is a huge bonus of the College of Medicine. This helps many students who may still feel foggy on certain subjects have the opportunity to revise.
8. Find a **study group** to review concepts with or quiz each other. A lot of student's study in groups in order to ask questions, teach concepts, and make sure they are comfortable with the material. Find a study buddy or a study group that studies with you in a way that is conducive for both of you learning!
9. **Ask professors** questions! Do not be afraid to stay after class to ask questions, send them an email, or set up a meeting. The professors want you to succeed and are great about answering your questions.

## Textbooks

We recommend waiting until classes start to buy your textbooks, so you can determine what you need. The curriculum can change yearly, but the Med 2s will still be able to help provide you with a good idea of which ones to get and which to avoid. Many of them are provided through library services. There are also a few out there that can be found for free online. Please ensure to conduct your own research as to what textbooks are deemed essential for your learning.

## Entrada

Entrada is the online platform that will house your schedule, notes, lectures, assignments, and quizzes for your time in medical school. Entrada will act as your guiding light for the next few years. Some students would even suggest making it your

homepage! On Entrada, you will be able to report any absences, check your report card, and much more.

UGME will automatically load and register you on Entrada. Once that happens, you will receive an official email detailing the next steps you will need to take in order to login and change your password.

## Log-In

Enter your **UMnetID@myumanitoba.ca** and password.



Entrada Login

Please enter your username and password to begin.

Username

Password

Login

Forgot your password?

For assistance with your account or password management, contact the university's IT Service Desk.

In person: 230 Neil John Maclean Library  
Monday - Friday (8 a.m. - 4:30 p.m.)

By phone: 204-474-2600

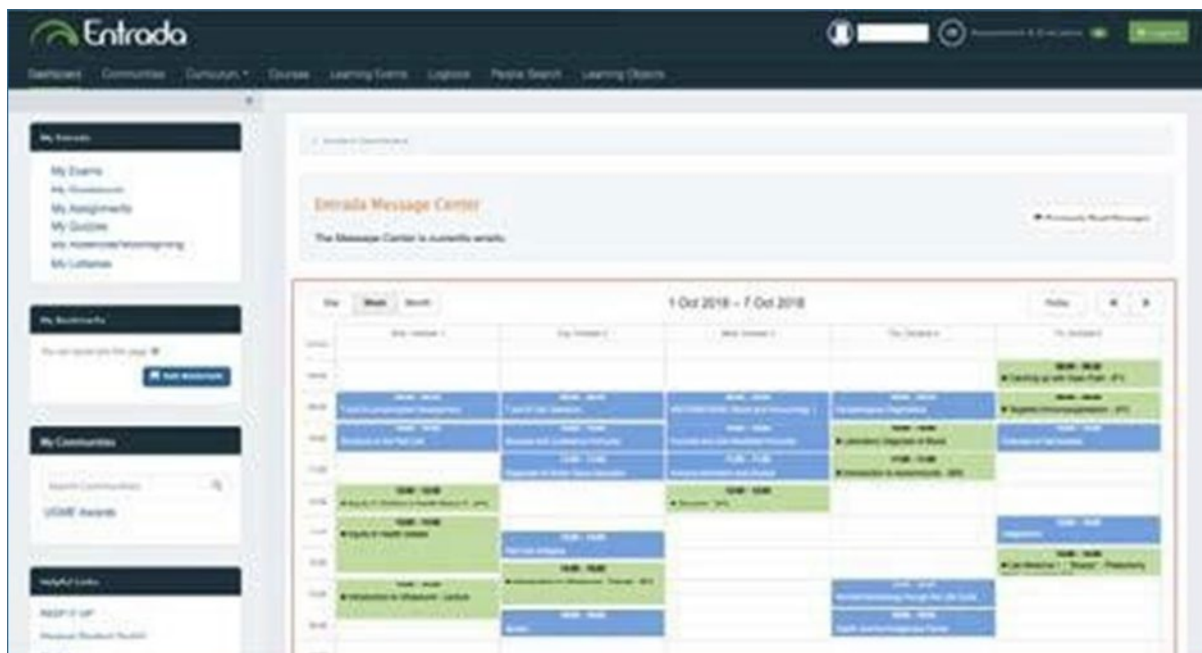
By email: [service@umanitoba.ca](mailto:service@umanitoba.ca)

Search

Copyright © 2013 University of Manitoba. All Rights Reserved. Privacy Policy | en / fr

## Dashboard

Once you log-in, you will be taken to the Dashboard. This is where you will find your class calendar.



## Calendar

This is how a typical week in medical school looks like. Welcome to the world!

	Sun, September 10	Mon, September 11	Tue, September 12	Wed, September 13	Thu, September 14	Fri, September 15	Sat, September 16
07:00				Due: Personal Learning and			
08:00			Attendance not tracked	Due Dates			
09:00		09:00-10:30 MIDTERM EXAM: Foundation of Medicine	09:00-09:50 Altered Cells & Tissues: Cell and Tissue Injury	09:00-09:50 Post Mid-term Review & Assistance in Coursework	09:00-09:50 Histology of Muscle & Nervous Tissue	09:00-09:50 Role of Genetics in Disease: Mutation in Inheritance I	
10:00			10:00-10:50 Altered Cells & Tissues: Apoptosis I	10:00-10:50 Lab Imaging Spectrum: Hands On (R1) (R1)	10:00-10:50 Altered Cells & Tissues: Apoptosis II	10:00-10:50 Role of Genetics in Disease: Molecular Genetics	
11:00	Attendance Tracked	11:00-11:50 Equity 2: Income as a Determinant of Health (R1)	11:00-11:50 Histology of Epithelium and Connective Tissue	11:00-11:50 Histology of Epithelium and Connective Tissue (Lab (R1))	11:00-11:50 Role of Genetics in Disease: Gene Regulation	11:00-11:50 Altered Cells & Tissues: Apoptosis III	
12:00		12:00-12:50 MMSA: Backpack Day / CMA Introduction Course	12:00-12:50 Lunch Session (Optional): Introduction to the Doctor			12:00-12:50 Histology of Muscle & Nervous Tissue (Lab (R1))	
13:00	Non-curricular session		13:00-13:50 Equity 3: Social Accountability	13:00-13:50 Equity 4: Determinants of Health: Prevalence (R1)	13:00-15:50 Communication Skills II - (R1)		
14:00			14:00-15:50 Building a Meaningful Career	14:00-14:50 Clinical Chemistry Laboratory (R1) (R1)		Unique Learning Opportunity (+attendance tracked)	
15:00				15:00-15:50 Clinical Chemistry Laboratory (R1) (R1)			
16:00			16:00-16:50 Introduction to Anatomy and Dissection Lecture	16:00-16:50 Movie/Art & Medicine I: Movie Viewing - Arterial Blood			

**LIGHT BLUE** indicates lectures or assigned studies, and when attendance is not tracked.

**LIGHT GREEN** indicates sessions during which attendance is tracked (submission of flex day is still available).

**DARK GREEN** indicates unique learning opportunity (ULO; can't submit a flex day for, may be able to switch sessions with another student. This must be approved by UGME)

**ORANGE** indicates exams!

All learning events will take place in person unless otherwise specified.

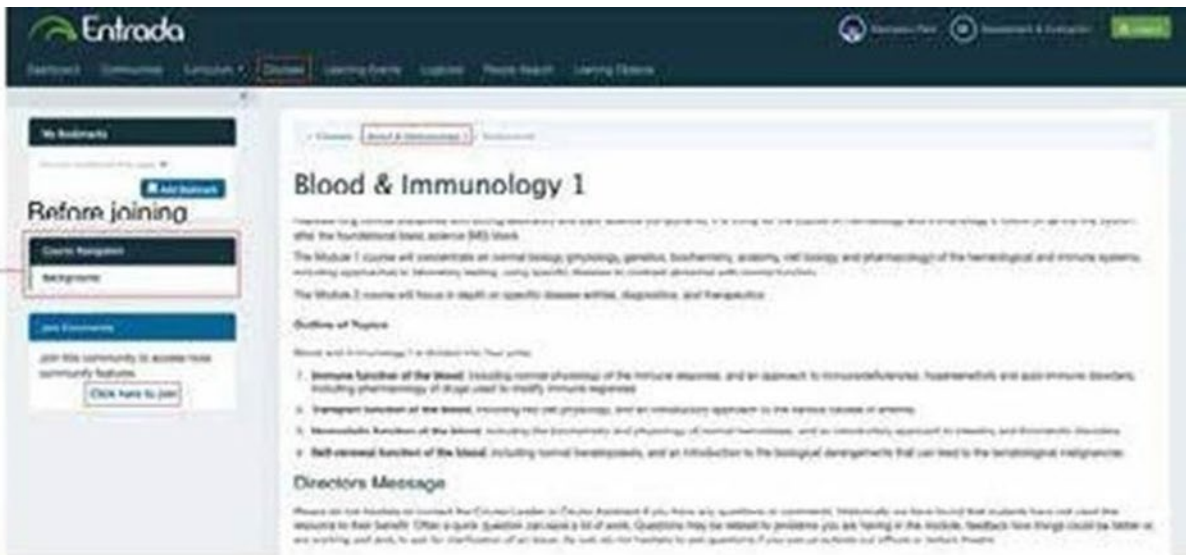
**Note:** Colour-coding of the sessions is done manually so human errors may occur (although they are rare). If there is a discrepancy between the attendance tracked status (see below) and the colour-coding, you should always rely on the attendance status. The colour-coding of the sessions, if incorrect, CANNOT be used as a reason for not attending a mandatory session. If you click on any individual session, more details can be found, including the attendance status, location, contact information, etc.

## Learning Events

The calendar on Dashboard shows ALL courses/sessions you are individually scheduled for. If you wish to display only certain modules, go to **Learning Events**, select **Course Filters** under Apply Filter, select whichever modules you wish to display, and click **Apply**. The Learning Events page **should not** be used to view your daily calendar – please use your Dashboard for this purpose.







## Lecture Recordings

Lecture recordings are available for most whole-group lectures. Each recording is posted on Entrada 3 hours after the lecture finishes. Starting in 2024-25, Closed Captioning will be available for lecture recordings.

Some preceptors prefer not to have their lectures recorded for various reasons such as having confidential patient information on their slides. You can find out whether a lecture

is recorded or not by clicking on the session on your calendar (see above). Small-group sessions are NOT recorded.



## Absences

If you must miss one or more mandatory sessions for valid reasons, you have to report your absence(s) on Entrada in advance of the session. The Attendance Policy will be explained to you in more detail by your Academic Reps and UGME staff.

Go to **My Absences/Moonlighting**, click **Report an Absence/Moonlighting** (not shown), select the **Dates** and the **Sessions** you will be absent from, select a reason for the absence under **Absence/Moonlighting (Required)**, write an explanation for the absence under **Comments**, and click **Submit**.

Approval for your absence request is usually done within a few hours.

**Report an Absence/Moonlighting**

Students are able to make requests for absences and moonlighting through the Entrada self-service attendance system. To report yourself absent from one or more sessions, or have a moonlighting request please select the dates. Click submit to send your request.

**Dates**

July 2019						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Number of days selected: 0

Absence/Moonlighting (Required):

Submit Date: 1

**Sessions**

Please select date(s) of absence:

**Comments**

Please provide any additional information here.

Maximum 1000 characters

Upload Files: pdf, jpg, png, forms only

Upload File: no files selected

Submit

## Others

Quizzes posted by your preceptors can be found in **My Exams**. Finals grades are posted in **My Gradebook**. Assignments need to be uploaded in their respective folders in **My Assignments**.



## Attendance Policy

Throughout the year some of your classes and tutorials will have attendance tracked – this means students are expected to attend. These are color coded in your Entrada! You will be required to sign in for each mandatory session.

One student from each tutorial group will be assigned to retrieve the attendance sheet from 260 Brodie and then return the signed sheet at the end of the session. You will be notified by email if you have been chosen to do so.

Mandatory sessions exist in our curriculum and schedule to prepare us for our future careers where everything will be mandatory. The mandatory sessions are designed to actively engage you in the material, as well as to solidify and contextualize the content taught to us in lecture. Being present for these sessions is important and shows respect for instructors who have cancelled appointments with their patients in order to teach you.

### Gross Anatomy Lab

We are lucky to have access to a newly renovated comprehensive Gross Anatomy Lab at the College of Medicine. It is in the basement of the Basic Medical Sciences building. There are a few things you will need to know in order to orient yourself and prepare before your first gross lab session (which is during Cardiovascular and Respiratory 1 - a few months into school). The following are some things to have, and some tips on how to be prepared.

1. **Scrubs or Lab Coat** - In the gross lab you will have the opportunity to explore human anatomy using teaching cadavers. Often this involves dissecting the specimens directly and so the clothes you wear may contract a particular “odour” from the lab. You may choose to wear a lab coat (that extends to your knee) that can be worn over top of your regular clothing. This is a popular option and can be purchased from the bookstore. Alternatively, any lab coat you have lying around from undergrad science labs will work just fine. Please note that this should not be your white coat. The second option is to wear scrubs. Previous classes have purchased them from Giant Tiger, the University Bookstore, Mark’s, Unimor Healthwear, or online.
2. **Closed Toed Shoes** - Gross lab protocol requires students to always wear closed toed shoes in the gross lab. Often students choose to keep separate

footwear for the gross lab in their locker (sneakers, canvas shoes, etc.), however, this is not necessary.

3. **Lock** - Students cannot take bags, jackets, or other items into the gross lab. The lab has several lockers that are available for use during lab times, located just outside of the lab. Remember to bring your own lock for these lockers!
4. **Goggles** - You will need to bring your own goggles to each gross lab session. Your first-year courses are often quite anatomy heavy, so it's helpful to use gross lab time to your advantage! Students will be provided with gloves during labs.



### How to get the most out of your anatomy labs:

**Come prepared to each gross lab session** - Before each session review the associated materials online. This will help guide your learning and make each session valuable for you. Without taking the steps necessary to prepare for each session, it is very easy to become overwhelmed, disoriented, and confused during the gross lab sessions. We also strongly recommend one student in your group prints out the notes for the lab sessions as iPads and other electronics will not be permitted in the lab.

**Visit the lab after hours** - We are very lucky to have access to the gross anatomy lab outside of regular class time. This is invaluable to students who learn best from prosected specimens or want a refresher of the material taught in a session before an exam. The same rules from gross lab apply so just make sure to take care and properly maintain the specimen once you are finished.



## Supplemental resources

- **Complete Anatomy** - IPAD+TABLET APP / COMPUTER SOFTWARE APP.  
Complete Anatomy is an incredibly comprehensive and useful app to learn everything you could possibly want to know about anatomy. It includes 3D structures and details on function. This was a favorite in our class! It does have a \$50USD price tag, however if you email the company and explain that you are a medical student, they should give you a code for a \$25USD student discount.
- **Human Gross Anatomy by Anthony B. Olinger** - PHOTOGRAPHIC TEXTBOOK. On exams, you will largely be tested from recognition of gross anatomy pictures, as opposed to diagrams and figures. As such, it is valuable to learn from photos of gross anatomy lab diagrams. This textbook is a comprehensive look at gross lab images of the entire human anatomy! This is a great option for textbook learners. This is available at the University of Manitoba Bannatyne Bookstore.
- **Netter's Flashcards** - Some students prefer to learn using flashcards. Netter's provides comprehensive flashcards that can help you master human anatomy

**End of year burial service** – There is an annual burial service for the bodies that were donated to the gross lab program. Families and friends of the individuals who donated their bodies will be present. Please make every effort to be there! Families find it comforting to see the impact their loved one's donation has on the medical education of students there!

## Service Learning

Service Learning is a component of your Population Health course. It is designed to expose you to the individuals and communities that exist right outside the doors of the Brodie Centre. It is done in order to have a better understanding of the population we will be serving, and to appreciate their needs and limitations. You will be partnered with a community organization and will work with their organization over the course of the next two years. You will be asked to volunteer at these sites for several pre-specified hours per month. The placements include several organizations across the North and

West End. At the beginning of the year there will be a presentation that highlights the goals of the program. After this you will be asked to complete a survey that ranks the organizations you are most interested in working with. Students tend to have very positive experiences through this program. You may be tasked with anything from after-school student mentorship and tutoring, to working with immigrant and refugee women. Throughout the year you will be asked to submit updates on the number of hours you have completed in order to receive credit.

## **Global Health**

Global Health is a growing interest on campus. There are several opportunities to become involved and supplement your education in global health.

### **Global Health Concentrations Program**

Keep an eye out in the beginning of the year to sign up for the Global Health Concentrations Program (GHCP). GHCP is a two-year student-run program which involves seminar-style presentations, writing, involvement and modular completion of coursework. This credit will appear on your Dean's Letter (MSPR) after successful completion. Your GHL Sr. will host an information session at the beginning of the year, so if you're at all interested, try to attend. Application forms will go out in early September and spots fill up fast!

In addition, there are plenty of events that will occur on various topics surrounding global health all year long. Your Global Health Liaisons (GHLs) on MMSA are great people to contact for more information. They attend the CFMS general meeting each year to discuss all things global health on a medical curricular level.





## Rural and Northern Health

### Rural Interest Group (RIG) Trips

Each year there are RIG trips that are organized for any student that wishes to sign up. The cost is free, and you can spend a weekend in a rural town and have a tour of and an opportunity to work in their hospital. These trips are really fun, and previous year students really recommend that you try and sign up for one! Organizers often try to have a good balance between fun social events and clinical skills. For example, some RIG trips have included suturing, inserting IUDs, and putting casts on. Keep an eye out for more information from your RIG reps!

### Rural Week

Your last week of Med 1 is Rural Week! This is a one-week exposure to a rural or northern community. You will have an amazing opportunity to live in a community for a week and shadow in their hospital, clinics, or nursing stations. Often in the evenings the coordinators will arrange fun activities for students to engage in rural living.

These can include fishing, hiking, or visiting the local high school to give a talk about Medicine. There are many communities that host students for the week, from Oakbank all the way to Rankin Inlet, Nunavut! Once again, the cost of this program is completely free. For more information, click [HERE](#). By February or March, there will be a presentation giving you all the information you'll need to know about rural week. You will then be given a survey where you can list what type of medicine you're interested in, what you wish to get out of your rural week experience, and any other interests that you

may have. Based on this information you will be matched to a community where you will spend a week.

## Examinations

Each modular course that you will complete generally consists of a midterm and a final exam. The way our schedule is set up you will be writing around 40 exams this academic year, but it is not as daunting as it seems at first glance!

### Here are some quick tips about exam days:

1. All exams are taken on campus, using an online screen monitoring software built into the Exemplify testing program.
2. You are only permitted to work on your computer and won't be allowed any pens or paper. Due to this, UGME has worked this past year to improve the Exemplify features available in order to accommodate students. As exams are written on campus, scrap paper is now allowed. Please refer to academic integrity for further information.
3. You will only need internet connection when you start and submit your exam. Be sure that your exam has properly uploaded once you have finished.
4. Exam results are typically released the same day but can take up to 2 business days of writing the exam.

The University uses ExamSoft (Exemplify) to administer exams, which means that each student must have a laptop for exam writing purposes. See the Computer Policy [HERE](#). ExamSoft is a software that can be downloaded onto MACS or PCs, however the program is unfortunately not supported by iPads or other tablets yet.

In the days leading up to school, you will receive an email prompting you to log into your ExamSoft account. It is important that you complete your registration with ExamSoft and complete the trial exam that UGME will administer in order to make sure that your program and account is working well.

**Below we have compiled some tips on how to make your ExamSoft experience as stress-free and comfortable as possible.**

1. Ensure any computer and software updates are done before you come to write an exam. You will be sent an email the day before every exam reminding you to log into your account on ExamSoft and download your exam. Make sure to have this done before you enter the examination room.
2. You must use Wi-Fi for downloading and uploading exams via UM-Secure. However, once the exam is launched, the other features of your computer shutdown, including Wi-Fi. When you are ready to upload, your computers may connect to UM-Guest, however this network will not work for uploading your exams! Ensure you are connected to UM-Secure before attempting to upload your completed exam.
3. Students who arrive late may miss out on exam details. They won't hold up the exam to repeat the same info to you so be sure to get there early enough. This is also helpful for getting a spot you are familiar and comfortable in. You are allowed to be up to 30 minutes late for a given exam, however students who arrive more than 30 minutes after the start of an exam will receive a score of zero for that exam.
4. Click [HERE](#) for any specific questions you may have regarding ExamSoft.
5. Please ensure your laptop battery is charged. The policy states that students must arrive at exams with a minimum of 3 hours of battery life. Apotex 050, Theatres B & C and 626 BMS have outlets for each seat, but electrical outlets are limited in Theatre A. **UGME does not have spare power cords.**
6. MEDIT reps will be present at the first few exams to help you out with technical difficulties, should they arise.
7. If your laptop shuts down during an exam, do not panic! UGME has extra laptops you can use to complete your exam. Don't worry about this taking time out of your exam as they will give you extra time to write at the end should this happen to you.

## OSCE

OSCEs (Objective Structured Clinical Examinations) are how you will be formally examined in the Clinical Skills course. They include multiple scenarios that involve a standardized patient (actor). OSCEs function much like the MMI in the sense that they are station-to-station, you will be given two minutes to read the prompt on the door, and then have 15 minutes, to interact with your patient inside the room. You will be given a two-minute warning during each station as well. Your OSCEs in first year will either be a 2-station or 8-station exam. They take place in the CLSF (basement of John Buhler Research Centre).

## Medical Equipment

You will attend a lecture in the first few months of school that goes over the different clinical tools a physician uses. Information will be provided to purchase equipment through the University of Manitoba Bookstore. The only mandatory tool purchase is a stethoscope. Most of us would recommend a Littmann Cardiology IV, however you should wait to see what other models and brands are available. In addition, you can consult a Med 2-4 on their recommendations, or the customer service staff in the bookstore for advice. Some students may choose to purchase a pen light, reflex hammer, or blood pressure cuff - this is useful when practicing but not mandatory. A pen light may come free with your stethoscope - so look out for that before you purchase one! Also note that the only piece of equipment you can bring into your OSCEs is your stethoscope, anything else required will be provided in the station.

## Preparation

Every student has their own preferred method of preparing for OSCEs. Virtually everyone benefits from practicing their history taking and physical exam skills with a friend, a group of students, family members or non-med school friends. Also, never hesitate to ask upper year students for help.

The google drive has great resources for OSCE information and tips, so be sure to check it out! The course documents on Entrada for the Clinical Skills course also include notes and videos by Dr. Battad which are extremely helpful. In addition,

YouTube videos for different physical exams are valuable as well. Geeky Medics is a class favorite.

The BMS rooms are designed to help you practice your clinical skills and prepare for your OSCEs. They are equipped with a patient examining bed, blood pressure machine, thermometer, ophthalmoscope, otoscope etc. Use them to your advantage! You can also take out a kit full of clinical tools from the NJM library for a one-day period that is great for practicing your skills. You can request to book a room [HERE](#).

## FOSCE

The F stands for formative which means that it is required but not for marks! FOSCE is a 2-station simulation giving you an opportunity to go through the motions of an OSCE. Don't stress! This station is not for marks and is designed to help provide you with some feedback from an examiner.

## OSCE Day

When you receive your FOSCE and OSCE time and date, it will tell you what time your exam starts and what time you need to be there. Please arrive at the time it tells you to be there, **not** at the time it says your exam starts. They will not make accommodation for late comers. Be sure to:

- Dress in business casual.
- Wear your white coat.
- Bring your name tag.
- Bring your stethoscope.
- Bring a writing utensil.

You will be given scrap paper and a clipboard to take any notes once the OSCE has started.

## Performance

The academic schedule at the College of Medicine is fast paced and intense so it is important to keep up. The grading system is pass/fail and UGME's standard for a pass (for any course except Clinical Skills/ OSCE's) is an overall course grade of **60%**.

Many students report that the pass/fail system is a source of comfort for them throughout the school year. Your actual mark on an exam or in a course will not be disclosed to anybody other than yourself and the dean, and your mark in a course will not be disclosed on your Dean's Letter. Everyone knows that sometimes life takes priority over school and certain courses are harder than others. If you finish a course with a grade between 60.0%-62.9%, there are some things that you can expect:

1. You will receive a letter from UGME (likely Dr. Butler) explaining that you are now on 'monitored status'. Don't freak out though! All this means is that the University is checking in with you to make sure that you are okay and that your study habits are as effective as possible. Being on monitored status lasts 1 calendar year from the date that you received your mark.
2. You will be asked to meet with Dr. Yu or Dr. Hryniuk from UGME Remediation. This is an informal meeting put in place to give you an opportunity to touch base with faculty about why you may be struggling. They may put you in contact with someone on campus who can help with study skills and can raise any concerns brought forward to the course director. This meeting is simply designed to look out for you and see if there are ways in which the University can help you succeed moving forward.
3. You will be asked to meet with Dr. Longstaffe in the office of Student Affairs (more information on Student Affairs is available under the Wellness section of this document). This again is an informal meeting in which Dr. Longstaffe will simply check in with you. This is a great opportunity to reach out and take advantage of the wonderful supports at the University.

**If you have failed a course (received <60% as a final grade in a course), here are some things that you can expect:**

1. You will receive a letter from Dr. Butler explaining that you have been placed on 'probationary status'. You still don't need to worry! At this point you will be asked to meet with Dr. Yu or Dr. Hryniuk in Remediation within 10 working days to discuss remediation (retaking the final exam). They will also go through your study habits and discuss with you what may have gone wrong. This is a great opportunity to reach out to UGME if need be.
2. You will also be asked to meet with Dr. Longstaffe of Student Affairs. Again, this is just to check in to see how you are. Use this opportunity to reach out to Student Affairs if you need.
3. The remediation period for most of the modular and longitudinal courses occurs in the summer except for CV/Resp 1 which occurs over winter break. Remediation of exams is common and is not something to stress too much about.

If you do have to remediate, the faculty strongly recommends accessing the peer-to-peer mentoring program. Remediation is not written on your Dean's Letter (a summary of all the achievements you've made through med school used for your residency application).

**If you are in a situation where you have failed multiple courses (received <60% as a final grade), you may be at risk of failing the year. This can occur in the following situations:**

1. A failure of over 9 course weights in year 1 or 10 course weights in year 2 will result in a failure of the academic year. Course weights are dependent on how many weeks a course runs throughout the year. For more information on course weights, see Promotion and Failure policy [HERE](#)
2. Failing the second remediation of a modular course.
3. Failing 3 longitudinal courses or the remediation of one longitudinal course.

There is always support at the University and College of Medicine to help you when you need. The faculty in the College of Medicine all have one goal and that is to see us all become successful physicians. They care about each student and put in a great effort to help students succeed when they are struggling. Just to reiterate-do not panic if you fail an exam, or even if you fail a course! It happens and if you put in the effort to learn and grasp the material for the remedial you will be fine!

## STUDENT LIFE

### Attire

What you wear day to day is a personal decision. If you are most comfortable in sweats/ jeans/dresses/hoodies, you do you but always remember to keep clothing choices respectful! There are some sessions where business casual is mandatory, so pick up a couple of nice clothing options. If a session is business casual, it will be noted in the special instructions or in the resources section on Entrada. Generally, if there will be standardized patients or special guests (patients) present you can assume that the code is business casual.

### Events

MMSA Events calendar can be found [HERE](#)

### Intramurals

There are many ways to stay active even with your busy schedules. The Joe Doupe Centre runs multiple fitness classes throughout the week during various times. Additionally, there is an awesome intramural program with teams playing between the different health science faculties. At the beginning of the year your Sports Reps will send out a sign up to be on a team for the following sports:

- Volleyball
- Soccer
- Dodgeball
- Basketball



Intramurals are a fun way to exercise and build friendships with your classmates. They also provide an opportunity to meet students from other health colleges through a little bit of friendly competition. Games are typically once per week, on weekday evenings, and last 1 hour each. The 'season' is per semester, so you can commit for only a semester (or both!) if you want.

## **Finance 101: Financial Tips and Information**

Over the coming months, you will have much to sort out — living arrangements, security/police checks, immunization records, etc. ...all important for a successful start on this journey.

One of the things you might be concerned about is “How am I going to pay for all of this?” For many of you, this may be a combination of personal and/or parental savings, government loans and lines of credit.

## **Scholarships And Bursaries, Government Student Loans**

You should consider applying for maximum scholarships, bursaries and government student loans every year.

- You do not have to repay scholarships and bursaries.
- Most government student loans are interest-free during Med school. Upon graduation, there are potential loan relief/assistance plans available depending on province, specialty, and location of residency.

## **Student Loans**

You can apply for student loans through the provincial and federal governments. There is a maximum lifetime limit of 340 weeks of school for which you can receive government loans.

For more information on Manitoba student aid, click [HERE](#).

For more information on Federal student aid, click [HERE](#).

## University Bursaries

You can apply for bursaries that are offered through the University of Manitoba. These are based and assessed on financial need, and do not need to be repaid. Applications can be sent through Aurora, and the deadline is October 1.

The following are some of the bursary options available:

- General U of M Bursary funding (\$100-\$1000 each)
- Max Rady College of Medicine Bursary funding (Total \$200,000-300,000)
- Assessment based on current budget needs/deficit (less focus on debt) and other factors
- Special bursaries are also available for travel.

For U of M Financial Aid info click [HERE](#).

## Alan Klass Memorial Program

If you are planning on traveling to a low-resource community for an exposure or an exchange or are planning on attending a national or international conference with a social focus, consider applying to the Alan Klass Memorial Program. Information will be sent out around March, so be on the lookout!

## Awards and Scholarship

Internal awards and scholarships are based on predetermined selection criteria. Scholarships are generally based on academic performance, whereas awards are based on selection criteria that is outlined in the terms of reference. There are several types of awards and scholarships that you can apply for, including:

- Specialty awards
- Travel awards
- MMSA awards

## Other Programs

There are various other programs and channels that you can pursue to help fund your education. Below, we've listed a few. As a note, these generally require a repayment or fulfillment of another requirement, so look at the fine print.

- Emergency Loan Program
- Province of Manitoba-Aboriginal Medical Student Financial Assistance Program (AMSFAP)

## Thank You Notes

Generally, after receiving a scholarship or award the University will ask you to complete a thank you note to the donors of the award. Financial Aid & Awards will send you a link to ThankView to complete your letter. If you have any questions regarding thank you letters, please contact [AwardsUGME@umanitoba.ca](mailto:AwardsUGME@umanitoba.ca).

For much more information on awards, you can visit the awards website through UGME and Student Affairs, [HERE](#). You can also contact:

Jennifer Mair  
Program Coordinator, UGME Awards  
[AwardsUGME@umanitoba.ca](mailto:AwardsUGME@umanitoba.ca)

## Medical Student Line of Credit

A line of credit (LOC) is a flexible borrowing option that allows you to access funds up to your available credit limit. The major banks offer professional student LOCs for medical students. LOC limits (the total that can be borrowed) range from \$350,000-\$400,000, depending on the bank. None of the major banks require a cosigner for LOCs for medical students.

Professional student LOCs have a discounted interest rate of prime – 0.25%. No interest is charged until the line of credit is used. Once funds have been advanced, monthly interest is added to the loan balance. The current prime rate (as of August 2024) is 6.7% and the interest rate on a professional student LOC is 6.45%.

### Questions to ask your bank:

- How do I access my LOC funds?
- Are there annual borrowing limits?
- What will happen to the LOC at the end of medical school/residency? When am I required to start repaying my LOC?

### Budgeting

Starting in Year 1, you should prepare a budget for the upcoming year. Having a plan and sticking to it for the duration of medical school can have a significant impact on the debt students accumulate and the subsequent interest costs.

Click [HERE](#) for an example of a 4-year budget. You can personalize it by downloading to Excel and entering your own estimated numbers. Re-visit your personal budget often. If you borrow on your LOC, you need to factor in the annual interest charged on the borrowed funds.

Financial advisors can help students develop financial plans that are focused on debt minimization during medical school and debt repayment after residency. See the 'Resources' section below for the contact information for the Rady College of Medicine financial counsellor.

### Insurance

#### Disability Insurance

Please consider purchasing disability insurance. A student who suffers a disability may continue to incur living expenses. It is better to pay these expenses by collecting insurance rather than borrowing more on your LOC. Line of Credit (LOC) Insurance, often called Loan Protector Insurance, is not guaranteed coverage and has limitations.

Disability Insurance pays you a tax-free monthly benefit to use however you want, but mostly to help pay for all of life's expenses in the event you are sick or injured and cannot attend school.

Doctors Manitoba provides an exclusive disability insurance plan [HERE](#) that is discounted and offered without a medical exam or other detailed health information. Coverage is issued regardless of your current health status or past medical history. No medical questions are asked on the application form, and there is no clause to limit or deny your benefit based on a pre-existing health condition. However, you must enroll within the annual open enrollment period (September 1 and October 31).

	MED 1	MED 2	MED 3	MED 4
Monthly Coverage Maximums:	\$1500	\$1500	\$2500	\$4000

**Average cost:** \$200/year

For more details and how to enroll or for information about insurance generally, please contact Mark Venton at Doctors Manitoba ([mventon@doctorsmanitoba.ca](mailto:mventon@doctorsmanitoba.ca) or [204-985-5846](tel:204-985-5846))

Disability insurance is also available from licensed insurance advisors.

### Tenant Insurance

If you rent a house or apartment, please consider buying tenant insurance. Your landlord's insurance covers the building (fire damage, etc.). But landlords' insurance may not cover your belongings (clothing, computers, electronics, jewelry, etc.). Tenant insurance is available from a licensed insurance agent or broker.

### Life Insurance

Your bank might offer you life insurance at the time you arrange your LOC. The need for life insurance depends on your personal situation. You probably do not need to buy life insurance, unless you have significant assets that you need to protect from creditors (e.g. equity in a house) or have a spouse, children or other dependents.

## Resources

The Rady College of Medicine's financial counsellor is Wendy Schultz, PhD, CPA, CA. Please feel free to contact Wendy if you have any questions or concerns at [Wendy.Schultz@umanitoba.ca](mailto:Wendy.Schultz@umanitoba.ca).

## Finance Series

Over the course of the year, the MMSA will host several finance talks and lectures. The topics pertain to almost anything finance - from financial literacy to information on future salaries and more. Once the first talk has been scheduled, you'll see a post on Facebook with details. Keep your eyes peeled!

## Wellness

Medical school will be some of the most challenging and exciting years of your life. Many students can feel bouts of stress throughout the year. Some of the best methods you can use to handle this include being proactive and leading a more balanced lifestyle. Still, life can be difficult, and you may face unforeseen circumstances. Not to mention, the burnout is real. The good news is that student wellness is a huge priority here at the U of M. Therefore, we have many great resources and support in place for medical students to access when the need arises. Remember, you are not alone!

**Wellness Reps-** Every year, each academic class will elect two students as Wellness Representatives to help provide support to students and direct peers to relevant resources. These class reps will work with the MMSA Wellness Rep and Wellness Committee to put on fun wellness-related programming throughout the year. This includes challenges, workshops, and other ways to get students to engage in healthy practices. These challenges also often involve some really fun prizes. Be on the lookout for sign-ups for these programs!

For more information from the Max Rady College of Medicine on Wellness, click [HERE](#). For more information from the MMSA on wellness, click [HERE](#).

**UGME Student Affairs, Student Services & Ongomiizwin Education**- As medical students, we are privileged to have the office of Student Affairs, Student Services & Ongomiizwin Education. These exist to help support us and advocate for services when we need it most. If you find that you are struggling while in medical school do not hesitate to reach out to any of them

### **UGME Student Affairs**

**NOTE:** \*While the Office of Student Affairs operates under the title of 'UGME' it is a separate and confidential resource from the UGME Program Office. We respect your confidentiality and, with a few important exceptions as required by law or University policy, can keep what you share with us private.

The Office of Student Affairs is made up of an amazing team of individuals that will help you in many areas, including:

- Academic advising, support, coaching, and other information
- Management of unforeseen circumstances such as illness, absence, exam deferral, and exam failure
- Career planning and advising (ex. Info about shadowing, early exposures, electives)
- Advice about CaRMS preparation
- Financial literacy and planning
- Provision of internally and externally funded bursaries, loans, awards and prizes
- Connection with other appropriate resources using a “no wrong door” approach: Student Services at Bannatyne Campus, Financial Aid & Awards, the Registrar’s Office, Student Accessibility Services, Student Advocacy, etc.

UGME Student Affairs is headed by our Associate Dean Student Affairs: Dr. Aviva Goldberg and Assistant Dean, UGME Student Affairs, Dr. Mahwash Saeed. You may also see Dr. Goldberg throughout the year during some lectures, as she is a curricular lead for your Professionalism course and teaches in the nephrology and

pediatrics courses. Don't be afraid to go, say hi! Also, if you get a request to meet with us, don't worry- our goal is to help you, not be a source of stress or discipline.

For questions/concerns relating to any of the above, please get in touch with Cindy Liao from Student Affairs at [studentaffairsmed@umanitoba.ca](mailto:studentaffairsmed@umanitoba.ca) and she will put you in contact with the team member best suited to your needs. If you feel that you need to see Dr. Saeed ([mahwash.saeed@umanitoba.ca](mailto:mahwash.saeed@umanitoba.ca)) directly or have an urgent issue that needs help right away, please email her or the office with the urgency of your issue and your concern so it can be triaged appropriately. To sum it up, Student Affairs is an unbiased ear to listen to you and make recommendations or referrals where necessary. They are always happy to help.

### **Other resources/contacts within Student Affairs:**

#### **Academic Advisors**

Dr. Sally Longstaffe: Senior Academic Advisor  
[SLongstaffe@hsc.mb.ca](mailto:SLongstaffe@hsc.mb.ca)

#### **Career Advisors**

Jim McLaren: Certified Coach and Facilitator / Mentoring Specialist - Student Affairs Medicine  
Phone: 204-255-6047  
[Jim.McLaren@umanitoba.ca](mailto:Jim.McLaren@umanitoba.ca)

#### **Financial Advisors**

Wendy Schultz: Financial Consultant - Student Affairs Medicine  
[Wendy.Schultz@umanitoba.ca](mailto:Wendy.Schultz@umanitoba.ca)

#### **Awards & Bursaries**

Dr. Aaron Chiu  
Chair UGME Awards Committee (UGME Bursaries and Awards)  
[AwardsUGME@umanitoba.ca](mailto:AwardsUGME@umanitoba.ca)



For more information about UGME Student Affairs and specific contact information, click [HERE](#).

**Student Services, Bannatyne Campus** - Another vital resource for all Rady Faculty of Health Sciences students at the Bannatyne campus is Student Services. They are separate and distinct from any academic program (including UGME) and exist solely to support students' personal and academic success. Most services are available by appointment, although urgent cases will be handled on a priority basis. Some services have extended hours to accommodate student schedules. All services are confidential and free of charge!

### Contact Info

Office hours: 8:30 am - 4:30 pm or by appointment.

Office: 204-272-3190 [bcstudentservices@umanitoba.ca](mailto:bcstudentservices@umanitoba.ca)

#### Leah Deane

[leah.deane@umanitoba.ca](mailto:leah.deane@umanitoba.ca)

204-272-3198

Leah Deane is the Director of Student Services at Bannatyne Campus. If you are struggling with any personal, academic, financial, mental and/or physical health concerns, you can self-refer to meet with Leah to receive support or referral to other services. These services are not connected to the Max Rady College of Medicine UGME and no sharing of information occurs unless requested by you.

\*In case of personal emergency or crisis please call: Mobile Crisis Service 204-490-1781 or go to your nearest emergency room or dial 911.

#### Rikki Fontaine

[bcstudentservices@umanitoba.ca](mailto:bcstudentservices@umanitoba.ca)

204-272-3190

Rikki Fontaine is the new Confidential Intake and Triage Specialist for Student Services at Bannatyne Campus. She is highly skilled in building connections with

students and de-escalating crisis situations. \*Rikki is your go-to person if you need non-emergent help ASAP\*

Rikki and Leah work collaboratively to facilitate access to student support systems and refer students to the various programs offered at Services for Students at the Bannatyne Campus.

### Dr Tanya Sala

Dr. Sala is a psychiatrist, assistant professor in the department of psychiatry. Students can meet privately and confidentially with Dr. Sala for assessment, consultation and treatment recommendations relating to mental health. Usually, you will meet with Rikki and/or Leah first, who will then refer you to Dr. Sala if appropriate. Dr. Sala also runs a CBT course several times a year that interested students can sign up for. Keep your eyes open for updates regarding this course on the Manitoba Medicine Facebook page!

### Student Advocacy/SAS

Student Advocacy receives student complaints and serves as a general information source regarding student rights and responsibilities. They assist students in the resolution of concerns arising from actions or decisions taken by the university and advise about which policies and procedures to follow.

### Student Accessibility Service (SAS)

Jamie Penner, Senior Accessibility Specialist (SAS)

Jamie.Penner1@umanitoba.ca

Provides support and advocacy for students with disabilities, such as: hearing, injury-related, learning, mental health, medical, physical, visual or temporary disabilities. Advisors act as a liaison between students, faculty, staff and service agencies. Accommodations students receive through SAS include writing exams in a private room, additional time to complete exams/assignments, and provision of note takers –just to name a few!

## Student Counselling Centre

Several counsellors are available for students to meet with through Student Services at Bannatyne. Appointments can be made by referral through Leah or Rikki.

Counsellors will meet with students and together come up with a plan/resources to best address student needs. Common approaches used include client focused therapy, stress management and cognitive behavioral therapy (CBT). Counsellors work hard to make themselves available around the busy schedules of medical students, and occasionally will have evening appointment openings as well.

## Spiritual Care

Edgar French is the Spiritual Care Coordinator at both the Bannatyne and Fort Garry campuses. He provides spiritual care to help students cope with loss, crises, and transitions by assessing and addressing how their spirituality provides resilience to them. He also provides resources for students who may be struggling with their spirituality or faith or are simply looking to grow and learn more.

For more information about Student Services at Bannatyne, click [HERE](#)

## Ongomiizwin Education

Ongomiizwin Education would like to welcome you to the Max Rady College of Medicine. For any students who are new to Winnipeg, welcome to Treaty 1 Territory and the homeland of the Metis Nation! To all Indigenous students in the Max Rady College of Medicine: you belong here. Ongomiizwin Education is another excellent resource for you to know about during your UGME experience.

Ongomiizwin Education is a place for Indigenous learners enrolled in the professional health programs within the Rady Faculty of Health Sciences to enjoy a sense of community and wellbeing while pursuing their degrees. Our Academic, Emotional, Spiritual, Physical, and Mental Wellness Program is geared towards learners being their strongest and best self while focusing on their academic goals. We are a centre where members have 24-hour access to the facilities which includes a student lodge, a Traditional Teaching Lodge with smudging capabilities, and a

kitchenette. Elder Margaret Lavalley, Elder Charlott Nolin, and Knowledge Keeper George Muswaggon lead several cultural teaching sessions, ceremonies and events throughout the academic year such as solstice and equinox ceremonies, sweat lodge ceremonies, and sharing circles. They are also available for individual and group consultations by appointment. We have Indigenous student support staff for Indigenous learners in the Rady Faculty of Health Sciences for any personal and academic support that they may need throughout their program.

Membership with Ongomiizwin Education is free and is open to all First Nations (Status, Non-Status), Métis, and Inuit learners currently registered in a professional health program (Dental Hygiene, Dentistry, Rehabilitation Sciences, Medicine, Physician Assistant, Nursing, Midwifery, Pharmacy, and Interdisciplinary Health Program) at the University of Manitoba. Membership gives you access to the programs, facilities, and resources at the centre.

You can become a member by filling out a membership form by clicking on this link: <https://forms.office.com/Pages/ResponsePage.aspx?id=C92AT4wzTE6KFJBEaWL3uM8eA4dQ0wdKpMq8LIbYS2dUQTdRSkNDWTZCSEkwVDBLVFc4VDkzNFRaQI4u>

**You will also need to send a copy of your student card and Metis/status card to [ongomiizwin.education@umanitoba.ca](mailto:ongomiizwin.education@umanitoba.ca).**

Please email Ongomiizwin Education if you have any questions about the membership application process: [ongomiizwin.education@umanitoba.ca](mailto:ongomiizwin.education@umanitoba.ca)

Ongomiizwin Education is located at S206 Medical Services Building. Office hours are:

Monday – Wednesday, 9:00 am – 5:00 pm;

Thursday – Friday, 8:30 am – 4:30 pm

## Immunizations

Immunizations are a very important part of the health care that we provide for our future patients. It helps to make sure that the people we treat who are unable to get immunizations are safe from diseases that can be prevented in today's world. In your first year you will be getting several immunizations.

## Summer Activities

If you're new to Winnipeg, welcome! We've put together a short list of some fun activities that you can do around town during the warmer months (and you can scroll down for a list of activities for the winter months). It's always best to keep a balance between work and play, so be sure to get out there and discover the city over the year and summer!

While Manitoba doesn't seem like a great place to hike being that we are flat and all, there are some beautiful nature trails throughout the province with a variety of terrains, such as grasslands, boreal forest, granite ridges, waterfalls and more. Grab a friend, classmate, or furry companion and get outside and enjoy nature. Some suggestions are listed below but there are many other options throughout the province!

## Hiking

**Spirit Sands & The Devil's Punchbowl** - Located in Spruce Woods Provincial Park, (2 hrs from Winnipeg), this trail is a popular tourist destination and is unique in that you get to travel through sand dunes. - Distance 4-11 km

**Pinawa Trail** - The Pinawa Trail begins at the Pinawa Dam (2 hrs from Winnipeg) and continues to Seven Sisters Generating Station. This is a well- worn path suitable for beginners. If you love animals, this trail is known for bear, deer, marten and fox spotting. Distance 28 km.

**Mantario Trail** - This trail is located near the Manitoba Ontario border and runs North to South on the Canadian shield throughout the boreal forest. This trail is meant for an experienced hiker and has places to camp throughout. Distance 60km

## Festivals

Manitoba is home to several festivals or events celebrating music, arts, culture, and food. If you're in the city for the summer and are looking for something fun to do check out a few of the following:

**Pride Festival:** End of May - Every year some of the Manitoba Meds come together and walk to show support in the Pride Festival. It's a great time to meet some new people, dress as colourful as possible, and enjoy downtown Winnipeg.

**Jazz Fest:** Mid-Late June - Located in the historic Exchange district in downtown Winnipeg, local and touring artists perform in genres ranging from jazz standards to R&B, roots and blues to indie rock and electronic pop, and just about everything in between. The best part, a number of the shows are free of charge!

**Fringe Festival:** Mid-Late July - Fringe festival is Manitoba's largest performing arts festival. There are tons of different shows to catch with tickets ranging from \$10-12, they can be purchased at the door, but if you really want to catch a show buy your tickets in advance as they do sell out fast!

**Manyfest:** Early September - If you love food and let's be honest, who doesn't, this is the festival for you. There are many different events during Manyfest, including a local market, music and entertainment, and a movie in the park, but their claim to fame is the food truck wars.

Food trucks line Broadway with a variety of cuisines for everyone's palate.

## Assiniboine Park & Zoo

Assiniboine Park is in River Height/Tuxedo area in Winnipeg. The Park has lots of open green space as well as walking or biking trails throughout gardens and trees. It's perfect for an afternoon of frisbee or beach volleyball, or an evening stroll. If you love ice cream, make sure to walk over the bridge and check out Sargent Sundae, Winnipeg-famous for their pumpkin pie soft serve.

Assiniboine Park Zoo is home to several different animal species and the newly constructed Journey to Churchill where you can observe the animals that are local to Northern Manitoba, like polar bears, seals and arctic foxes. Tickets are \$20.50 for students.

### St Nobert Farmers Market

If you're looking for locally grown fruits and vegetables, homemade baking or jams, or a wide variety of hand-made crafts, jewelry and more, make sure to check out the Farmer's Market. The market's opening weekend is May long and it runs until late October. It's open on Saturday's and Wednesday's during the day. They are home to 130 full-time vendors and up to 70 occasional vendors.

### Sporting Events

**Bombers Games** - The stadium located at the University of Manitoba Fort Garry Campus. The Blue Bombers are Winnipeg's local CFL team. Catch a game, cheer on the blue and gold, and enjoy the atmosphere.

**Goldeye's Games** - The ball field (Shaw Park) is located at the Forks, in the downtown Winnipeg area. The Goldeye's are Winnipeg's local professional baseball team. Tickets range from \$11-26. The Goldeye's have been very successful in recent years, winning the championship in 2016 & 2017!

### Winter Activities

#### The Forks

The Forks, located at the junction of the Red and Assiniboine rivers, has been a meeting place for over 6,000 years. Indigenous people traded at The Forks, followed by European fur traders, Scottish settlers, railway pioneers, and tens of thousands of immigrants. There are several things to do at the Forks including: i) taking a stroll through the light show, ii) going for a skate down the Red River Mutual Trail, which is the Guinness World Record-holding longest naturally frozen skating trail, iii) participating in the Crokicurl Tournaspiel, a giant game of Crokinole using curling

rocks, iv) or enjoy a warm beverage or meal in The Forks Market, The Common is a 'common' spot for students to enjoy local craft beer, if you are into that.

### Festival du Voyageur

Every winter since 1970, Saint-Boniface, Winnipeg's French quarter, is transformed into a winter paradise and becomes host to the largest winter festival in Western Canada. Voyageur, Métis, and First Nations histories are brought back to life, not only through the historical interpretation offered inside reconstructed Fort Gibraltar, but also through the many attractions inside Voyageur Park and at the festival's various official sites. Enjoy music, entertainment, and traditional foods but be sure to dress warmly!

### Sporting Events

**Moose Games** - The Manitoba Moose are an AHL hockey team that provides a cheaper (20-50 price range) option to watch competitive hockey in Winnipeg. Moose games always are fun times!

**Jets Games** - The Winnipeg Jets have been a top team in the NHL's Western conference for the past two seasons. Although a more expensive option, the atmosphere is definitely worth the price of admission.

### Cross-Country Skiing

If you love to spend time outside there are several cross-country skiing trails throughout or just outside the city. If you're looking for an outdoor location within the city, check out Assiniboine Park, FortWhyte Alive, Wildwood Community Centre, or Windsor Park Nordic Centre. If you're able to go for a bit of a drive to get to your location, check out Beaudry Provincial Park, Birds Hill Provincial Park, or La Salle River for some new scenery. Many of these locations are also suitable for snow shoeing if that's more your style.



## Canadian Museum for Human Rights

The museum is located at the Forks, in downtown Winnipeg. The museum is dedicated to the evolution, celebration, and future of human rights. There is a special but not exclusive focus on the history and current aspects of Canadian Human Rights. There are travelling exhibits that come into Winnipeg and stay for a short time, so be sure to visit if there's one that piques your interest. Student admission is available for \$14.00. Every Friday after 5pm, admission is free.

## STUDENT GOVERNMENT

### MMSA

The Manitoba Medical Students Association (MMSA) is our student governing body on campus, you can access their website for a lot of useful information [HERE](#). The MMSA is responsible for student advocacy, student programming, acting as a liaison to UGME and CFMS, and working on curricular and student affairs. The MMSA is composed of members from Med 1-4 who meet on a monthly basis to discuss the issues that the general medical student body faces. There are several positions and roles on MMSA. A full updated list of who is in each position can be found on the MMSA website [HERE](#).

### Senior Stick

The President of the MMSA is the Senior Stick. This person will ultimately be responsible for all the actions of the MMSA.

### Vice-Stick Internal

The next longest stick belongs to the Vice Stick Academic/Internal. The VSI sits on many of the same committees as the Senior Stick and deals with internal University business, including academics, interest groups, and accreditation.

### Med 1-4 Council

### Vice-Stick External

The Vice Stick External acts as our representative to Doctors Manitoba (and is a full-voting member of their Board), the Canadian Federation of Medical Students (CFMS), the Manitoba Government, and other organizations outside of med school.

### **Vice Stick External Jr.**

The Junior Representative is generally promoted to VP External in the following year. This person attends national conferences to discuss issues facing all medical students, such as the CaRMS match, funding cuts, and electives.

### **Global Health Liaison**

The Global Health Liaison is a member of the MMSA and part of the national Global Health Program (part of the CFMS organization). This person is the head of the Global Health Portfolio at the University of Manitoba.

### **Treasurers**

Other executive positions include the Senior Treasurer. This crafty individual is responsible for all of the MMSA's finances.

### **MMSA Programmers**

These positions are usually held by Med 2s; they are responsible for organizing social activities such as socials and formals for all medical students.

### **UMSU Representative and Senator**

The UMSU Representative and the Senator represent us on the University of Manitoba Students Union and the Senate respectively.

### **Communications Representative**

The senior and junior Communication Representatives are responsible for the secretarial duties of the council as well as distributing information about what the council is doing via newsletters and the MMSA website.

### **Local Officer of Indigenous Health**

The Local Officer of Indigenous Health works to improve exposure and understanding regarding Indigenous Health in our curriculum and on campus. You can contact this individual for questions about Indigenous Health or ways to get involved in your community.

### **Government Affairs and Advocacy Committee Representative**

This individual works as a liaison between the CFMS GAAC group and organizes local advocacy efforts including provincial lobby day.

### **Wellness Representative**

The Wellness Rep oversees the wellness committee and runs wellness programming for the students. They also work closely with Student Services and Student Affairs to provide students resources.

### **Research Representative**

The Research Representative is responsible for representing the MD/PhD candidates and the BSc. Med students to the MMSA council and CITAC as well as organizing local research seminars.

### **Honorary Senior Stick**

The Honorary Senior Stick is a faculty member chosen by the MMSA Executive Council. Their role is to provide advice and guidance to the council where required.

The final executive position is that of Medicine 1 Representative (TBD). You will have the opportunity to elect someone from your class to represent you to the MMSA.

### **Med 1 Council**

As the first few weeks can be a little hectic, we seek to elect your Med 1 class council as soon as possible, so your class can begin planning and organizing the year ahead.

Generally, these elections will be held within the first week of September. There are several positions that are available and will be filled by members of your class. If any of the positions interest you, feel free to contact the Med 2 counterparts and pick their brain for an idea of what the position entails. The following are positions that will be elected for in September of this year:

### President

This person is responsible for overseeing class activities and for being the ultimate representative of the class. He or she is essentially a link between you, the students, and the faculty. The President sits on several committees, including the Pre-clerkship Student Evaluation Committee (held after every course) and the MMSA.

### Academic Reps

These are two people who hold very important positions. Besides attending numerous meetings, they are the president's right-hand people. They are a part of the Pre-clerkship Curriculum Committee and the Pre-clerkship Student Evaluation Committee, so if you feel as though one or more of the questions on an exam were unfair, then these are the people you should tell. They voice your opinion to the exam committee, who may eliminate the question.

### Course Reps

There are two course reps for every course taken in Med 1 and Med 2. As a representative, you will act as a link between the students and the course director by setting up meetings after the course has ended. A short-term role but this is very important because feedback is what ultimately results in changes over the course of the year. If you are interested in signing up as a course rep, watch for the first-come first-served online sign-up during your first week!

### Yearbook Reps

If taking snapshots of your class in their most vulnerable positions is your thing, then this is the job for you. At the end of your four years, you will receive a book of all

your compiled memories, and these are the people that make it all happen. This is a 4-year position.

### Sports Reps

The sports reps are responsible for constructing rosters of your class's starting line ups for intramurals on this campus. Furthermore, they are responsible for planning fun activities for the class, with a focus on keeping the class active.

### Social Reps

Your social reps are responsible for bringing together the class in a variety of events from post-exam parties to simple Friday night (or any other night of the week) get-togethers. They may also be required to help the MMSA team plan events like the Med Winter Formal.

### Community Outreach

The two individuals elected are responsible for coordinating applicant information nights, planning the Mock MMIs in February, and coordinating and recruiting volunteers for medicine information nights at the University of Manitoba and Winnipeg.

### Med 1 MMSA Rep

This is a position held by a Med 1. They are your representative on the MMSA and are responsible for attending MMSA meetings and representing your class as a voting member, as well as delivering any important issues to your class that may arise in MMSA meetings.

### Global Health Liaison Jr.

This is a position held by a Med 1. The GHL Junior becomes the GHL Senior the following year. They are responsible for helping plan the various events that Global Health coordinates, selecting members of the Global Health Interest Group subcommittee, sitting on the MMSA executive (and acting as a voting member if the

GHL Sr. is absent), and attending Canadian Federation of Medical Students (CFMS) meetings twice a year to represent U of M for Global Health.

### **Treasurers**

These two individuals manage the class finances for all four years of med and are also responsible for working closely with other executive members to balance budget, plan social events, and work alongside grad committee members in Med 3 & 4 to help plan your classes graduation.

### **Secretary**

The class secretary helps all members of class council with any aspect of their position. They will take minutes throughout class council meetings and will be responsible, alongside the class president, to keep meetings organized and going smoothly.

## **CAMPUS LIFE**

### **General Information**

#### **Mailbox**

Effective 2024-25, UGME students will be given access to a mailbox for their Clerkship (Med 3 and 4) years only. Physical documents are uncommon in Pre-Clerkship as almost all correspondence is electronic. If there is something for students to pick up, this can be done via UGME reception in 260 Brodie.

For Med 3 and 4 students, a mailbox key and mailbox number will be provided at the end of Med 2. Important information may be placed in your mailbox, so be sure to check it regularly.

If you lose your mailbox key - speak to reception in the UGME (260 Brodie) office. There will be a fee to replace it.

#### **Lockers**

You will be assigned a locker at registration. UGME will provide you with a lock for your locker - it is a lock and key style lock, so be sure to find a safe place for your key! You will have this locker space for the next four years, and you don't need to clear it out during summers.

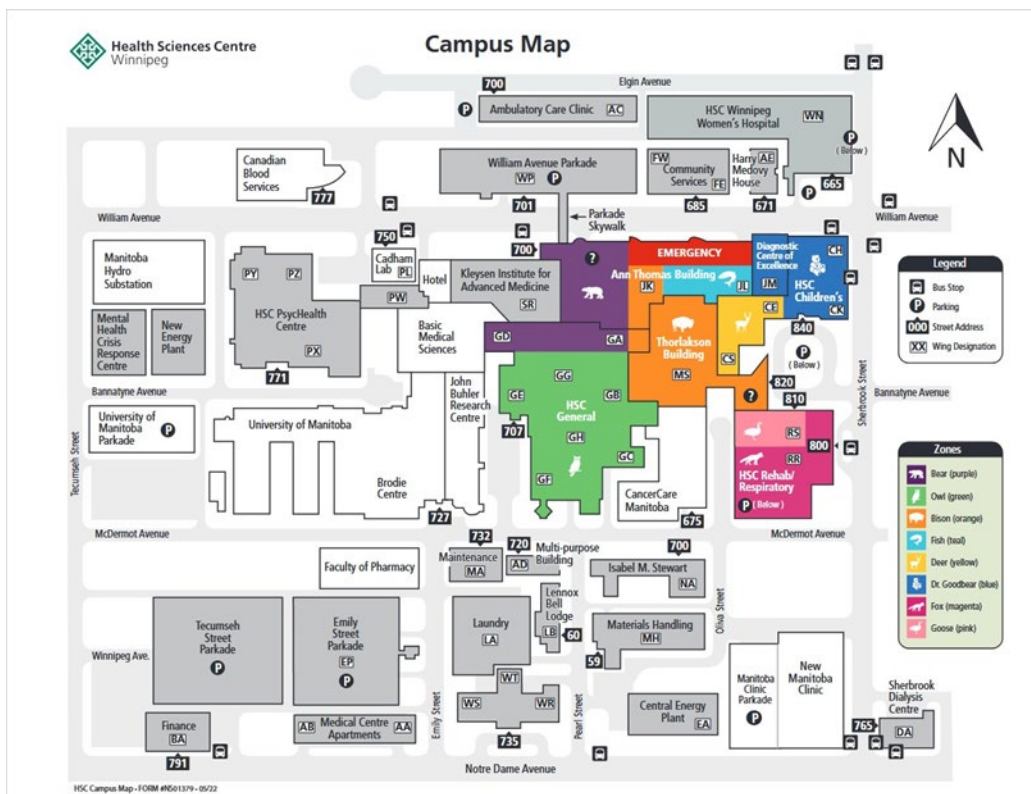
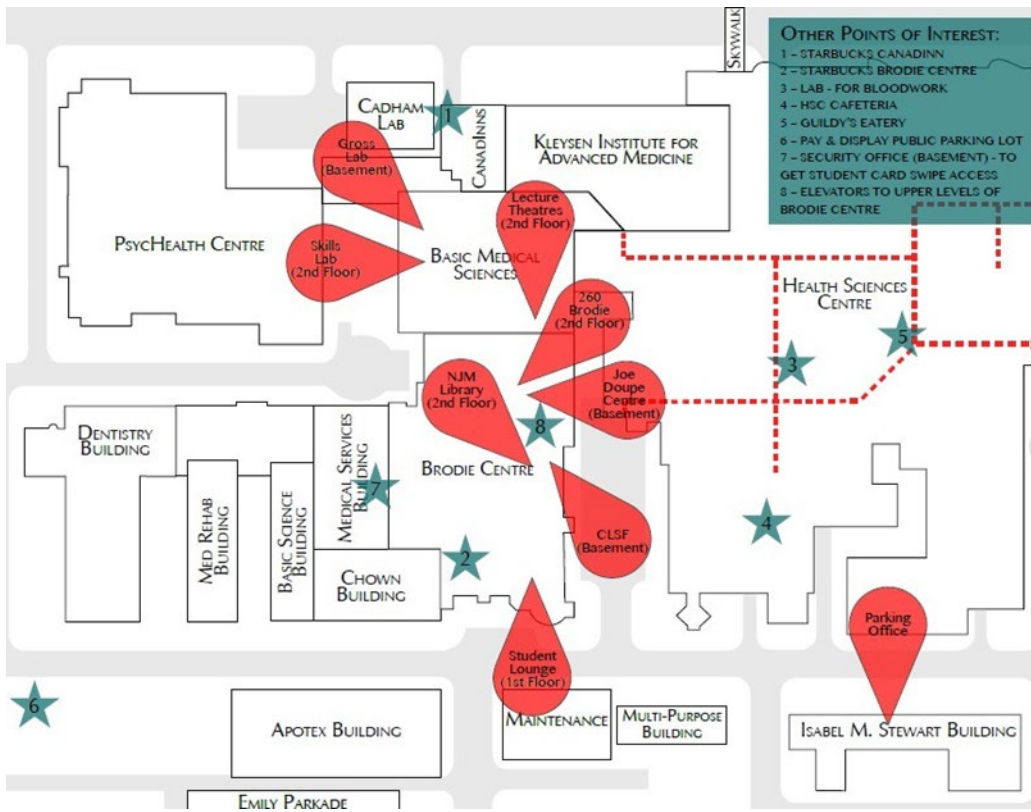
If you lose your locker key - speak to reception in the UGME (260 Brodie) office. There will be a fee to replace it.

## 260 Brodie

This is the most important room in the entire school to know. This is where most of the UGME administration have their offices. If you ever have comments, questions, or concerns regarding your medical education, the friendly and energetic UGME staff are always willing to help.

## Campus Layout

It will be helpful to orient yourself around campus as you will have sessions, lectures, meetings, and tutorials all over the Bannatyne Campus and HSC. Here are some maps included (in case you're a visual person) to help you navigate around campus.





## Facilities

### Neil J. MacLean Library

We have a beautiful library on campus on the second floor. It is full of great study carrels and tables. If you're studying with a group, you can book one of the many study rooms that are available online.

The librarians and staff that work at the front desk are invaluable resources - so be sure to consult them if you need help or have any questions! The librarians have loads of knowledge on research, literature searching, and more! In addition, there are IT staff at the front that are here to help you troubleshoot any technological issues you may have (i.e., with your accounts, getting Microsoft Office, etc.).

### On-site Computers

The library has PC and Mac desktops available during the day. The staff at the library's reference desk can be very helpful in solving your computer-related problems.

### Photocopying and Printing

Cards can be purchased in the library, which allows you to use the library's photocopying and printing services. Alternatively, you can put money onto your student card and use that as your card in order to print and copy. Photocopying and printing costs are \$0.10/page for B&W and \$1.00/page for colour. You can do this using the library computers.

### Student Lounge

This RFHS student lounge is a popular hangout located on the first floor of Brodie next to Tim Hortons. This is a great place to relax and mingle with med students in other years as well as students in other healthcare programs. This is the place to be if you enjoy an intense game of ping-pong. This room is equipped with a fridge, multiple microwaves, and a TV. You need to swipe your student card in order to gain access to the lounge. You will receive information about getting your student card

activated for this purpose at the beginning of the school year. There is a 24-hour quiet study area with lots of desks and chairs and wireless internet access connected to the student lounge. There is also a student lounge exclusive for medical students located in the basement of the Brodie Centre next to the Joe Doupe Fitness Centre. The room is equipped with brand new lounging furniture, microwaves, and a refrigerator.

### Bookstore

The UofM Bookstore at the Bannatyne campus has been closed. Textbooks, clinical equipment and other supplies can be purchased online or in-person at the Fort Garry campus.

**UM BookStore:** 140 UMSU University Centre

University of Manitoba (Fort Garry campus)

Winnipeg, MB R3T 2N2 Canada

204-474-8321

<https://umanitoba.ca/bookstore/>

**Hours: Mon-Fri, 9:00am – 4:30pm**

### Joe Doupe Recreation Complex

The gym facilities are in the basement of the Brodie Centre. There is a gymnasium as well as a workout facility. If you want to take a break during the day and toss around a ball, you can ask to borrow a ball at the front desk.

Intramurals and other programs take place regularly at the gym, and you can find that information [HERE](#). Your Joe Doupe gym membership doubles as Frank Kennedy gym membership at the Fort Garry Campus as well. There are many opportunities to stay active at the Joe Doupe Centre.

**The hours for the gym are:**

Monday-Friday: 6AM-9PM

Saturday: 8AM-8PM

Sunday: 8AM-8PM

## **Safety and Security**

The University of Manitoba Security Services exist to help you feel safe around campus. Their offices also serve as a lost and found for turned in items.

### **Campus Security**

The Campus Security office is in S105 Medical Services Building right next door to the Brodie Centre. The office can be reached for emergencies from any phone on the 474 or 789 networks by dialing 555, or 9341. For non-emergencies, call 204-789-3330.

### **Brodie Centre Entrance**

The main entrance to the Brodie Centre on McDermot Ave. will be locked from 5pm on. You can still enter the campus using your student ID swipe card.

### **Safe Walk Program**

Safe Walk is a service provided to members of the university community as a safe and free alternative to walking alone after dark. You can request a safe walk to your car or bus stop 24 hours a day by phoning 789-3330 (Bannatyne Campus) or 204-474-9312 (Fort Garry Campus).

It is a wise idea to request a safe walk if you are leaving by yourself, after dark. HSC security is at 204-789-4567. The Safe Walk boundaries were expanded to include the HSC parkades with perimeters of Notre Dame, Sherbrook, Elgin, and Tecumseh.

### **Safe Ride Program**

Similarly, the University is happy to offer the new Safe Ride program! Given students often park in residential areas farther than the Safe Walk boundaries due to limited parking on campus, University of Manitoba Security Services now offers Safe Ride

as a component of its Safe Walk program. The Safe Ride program operates daily (Monday-Friday) until 12:00 am.

For the Safe Ride program, Security Services will pick up students, faculty, or staff members on campus and deliver them to their vehicle within our Safe Ride boundaries, listed below. When the Safe Ride program is unavailable, students, faculty, and staff can still utilize the services of the U of M Safe Walk program, which operates 24 hours per day/ 7 days a week, within the boundaries of the Bannatyne Campus listed below.

- North to Logan Ave
- South to Sargent Ave
- West to McPhillips Street
- East to Isabel Ave

Request a Safe Ride by Calling 204-474-9312

### The University of Manitoba Safety App (UM Safe)

It consists of numerous safety features including safe walk/ride, friend walk, two-button access to emergency numbers such as 911, and “Mobile BlueLight which immediately sends your phones location to security and requests support.

### Housing

Many students choose to live close to the hospital for convenience. The med apartments are a popular and affordable choice. The website for med apartments can be found [HERE](#). Contact the office via the listed methods for more information! Just fill out the form and submit a copy of your acceptance letter and they will put you on the waiting list. They then contact you depending on where you are on the list. Ask the Med 2s for more information about this and how to get your name on the list ASAP!

Student Housing apartment

[rentals@hsc.mb.ca](mailto:rentals@hsc.mb.ca)

204-787-4261

Some people choose to live slightly further away from school in Wolseley or Osborne Village. There are a fair number of students who live in the suburbs and commute every day. Living near the U of M Fort Garry Campus is also a popular choice. A useful website for those coming from out of town can be found [HERE](#).

Many of the apartment buildings offer a referral bonus, so if you are moving in the area into a building with a bonus, post it up on the Facebook group and you might find an upper year student willing to split the bonus.

## Parking

Unfortunately, there is no designated parking for U of M students – so you are at the mercy of HSC parking. But don't worry; there are lots of options!

First things first, if you EVER plan on driving to school in the next few years, get your name on the waitlist for a parking pass. To put yourself on the HSC parking waitlist, send an email to [hscparkingoffice@hsc.mb.ca](mailto:hscparkingoffice@hsc.mb.ca), or call at 204-474-9483 with your name, phone number and what lots you are willing to park in (we would suggest saying you are willing to take whatever lot you get, you can move around later once you have a pass). As a bonus these parking passes might work at St. Boniface Hospital as well (for a small additional monthly fee) which is very handy for clerkship.

Otherwise, here are your options for parking on campus:

1. Pay in the parkade. There are 3 large parking garages around Health Sciences Center: Emily Street Parkade, William Avenue Parkade, and the Tecumseh Street Parkade. It costs \$12/day and you will get charged another \$7 if you stay after 6pm, so it can get expensive fast. Another option is to visit the cashier's office in HSC and buy a parking value card. You have to buy 5, 10 or 20 parks at a time, but it drops the cost to \$9 and you can stay in the parkade as long as you need without paying more.
2. Kijiji. Go on Kijiji and search for nearby residents renting out their back lanes/garages/ extra parking spots. This is usually the cheapest option, but generally requires a ~ 5-minute walk to get to school.

3. Check MMSA online and go on the **BULLETIN BOARD** to check to see if any students on electives are renting out their pass. (Usually in Emily or Tecumseh parkades \$109/month).
4. Street parking. Most of the parking at HSC is 4 hrs and metered. If you go on the south side of Notre Dame, the parking is 2 hrs between 9am and 5:30pm, but is free! If you go West of Arlington and south of Notre Dame, there is no limit (once again a ~ 5-minutewalk to campus).
5. After Hours parking: after 4:30pm you can park for free in E lot (right beside dentistry). All you must do is go to the bookstore and ask them for an after-hours pass, its free! Just give your license plate and student number. You can now register online for the E lot parking after hours.
6. If you rent an apartment in the Med Apts., you will be guaranteed a parking space.

In the first couple of years of medical school parking can be difficult and can cost more than you expect!

### Commuting Options

There are many options for those students who do not have access to a car during the school year. Walking or biking is a good choice if you live nearby. There is a locked courtyard bike compound located between the Chown and Old Basic Medical Sciences buildings. Since the Bannatyne campus is located downtown it is easy to get to by bus. You pay for a bus pass (UPass) as part of your tuition fees, you can pick it up at answers at either U of M campus. You can plan your bus routes by going to WINNIPEGTRANSIT.COM and clicking on “Navigo trip planner”.

### Food

There are lots of places to eat in and around campus. The closest options for food are in the Brodie Centre on the main floor and include a rotating Manitoba Restaurant, Tim Hortons, and Starbucks.

There is a 24-hour Starbucks that is located in HSC, next to the Canad Inns reception. There is also Garbonzo's Bistro and Aalto's located here, which has amazing breakfast and drink specials!

There is also a 24-hour cafeteria located on the second floor of HSC (take the elevators or stairs near the blood lab) and Guildy's Eatery on the main floor of HSC by CancerCare.

**Within walking distance of campus, there are loads of amazing restaurants.**

**We've attached a list of some of the ones nearby:**

- Watta Sushi - 837 Sherbrook St.
- Thom Yum Thai Restaurant - 859 Sherbrook St.
- Ha Long Bay Restaurant - 772 Notre Dame Ave
- Magic Thailand - 842 Logan Ave
- Ding Ho Restaurant - 497 William Ave
- Phong Nam Restaurant - 883 William Ave
- Little Nana's Italian Kitchen - 818 Notre Dame
- Subway - 653 William Ave



## Identification Cards

### University of Manitoba Student Card

At some point before school begins, you should visit the Fort Garry campus to get a Student Card issued. This process takes roughly 5 minutes, and they will simply take a photo of you and issue you the card almost immediately. This card acts as your identification card on campus, is used to take out books from the library, is integral to validating your Peggo card (bus pass) and will give you access to many rooms across campus. The following is a list of some of the areas that you will have access to with your student card:

- 24-hour access to all exterior doors of Brodie and Dentistry buildings
- 24-hour access via tunnel
- Access to Apotex building from 7:15am-5pm via the tunnel.
- After hours access to the NJM Library
- Access to study rooms in NJM Library (but need to book ahead of time)
- After hours access to all BMS rooms on the second floor near theatre B.
- After hours access to 4th floor Brodie via elevators outside Joe Doupe Gym
- Access to Gross Anatomy Lab until 10pm
- Access to Student Lounge beside Tim Hortons in Brodie Atrium

### Health Sciences Centre Identification Card

During the first few weeks of classes, you will be required to obtain an identification card for Health Sciences Centre (HSC). This card will give you access to the hospital and can be obtained from the security services in HSC located on the second floor, Room MS-245 in the Orange Bison zone. You will be required to present your University of Manitoba student card at this time so be sure to have it with you!

More information on when/where to obtain your IDs will be sent to you by email.



## INTEREST GROUPS

There are several interest groups in our college that you can get involved in! Most of their activities are generously funded by Doctors Manitoba. These groups seek to expose interested members and the general student body to a variety of topics that the curriculum doesn't extend to. Some of these groups may host talks, engage you with faculty members in the respective field, or hold

bake sales to raise funds for the community. There will be an interest group night held in early September which will give you comprehensive information on the interest groups available and the kinds of executive positions that you can apply for.

The following is a current list of interest groups on campus:

### Academic Interest Groups

- Anesthesia Interest Group
- Dermatology Interest Group
- Emergency Medicine Interest Group
- Family Medicine Interest Group
- Geriatrics Interest Group
- Internal Medicine Interest Group
- Lab Medicine and Pathology Interest Group
- Medicine Journal Club
- Obstetrics and Gynecology Interest Group
- Pediatric Interest Group
- Physiatry and Sports Medicine Interest Group
- Psychiatry Interest Group
- Public Health Interest Group
- Radiology Interest Group
- Student Interest Group in Neurology
- University of Manitoba Surgery Club
- University of Manitoba Journal of Medicine

## Community Groups

- Addictions Education Interest Group
- Choosing Wisely Interest Group
- Creative Arts Interest Group
- French Interest Group
- Immigrant and Refugee Health Interest Group
- Indigenous Health Promotion Group
- LGBTTTQI\* Interest Group
- Medical Entrepreneurship and Innovation Interest Group
- Rural Interest Group
- Wilderness Medicine Interest Group

## Mentorship Groups

- Black Medical Students' Association
- Christian Medical and Dental Society
- Medical Women Interest Group
- LGBTTTQI\* Mentorship Group

## Executive Positions

Following the interest group night, there will be a call for applications for executive positions on the interest groups. Generally, the execs for each interest group put on the programming and any events on behalf of that group over the course of the following two years. If you are interested in a particular interest group, be sure to send in an application! This annotation will appear on your Dean's Letter.

## OPPORTUNITIES

### Shadowing

In previous years, many students started itching to get some exposure on the wards or in clinic from first year on. You can email or contact virtually any physician during medical school and shadow them for a few hours or a day. This can be a great idea to get a sense of what some of the specialties offer, or to have a chance to practice some of your clinical skills. The MMSA has compiled a master list of physicians you can shadow throughout Winnipeg.

### Mentorship

In what has quickly become a flagship, grassroots program, the Doctors Manitoba Mentorship Program can match you with an Attending Physician and/or a Resident Physician to mentor you during your studies. This informal, real-talk mentorship will allow you to ask all the questions you can't ask in class about the practice of medicine. For details on how to sign up, visit [HERE](#).

### Summer Opportunities

Med 1 and Med 2 will be your last summer's ever - but don't fret! There are a lot of cool opportunities and fun things for you to do in order for you to make the most of your summer. For the purposes of personal experience and CaRMS, we recommend that you choose to do one of the following over your summer. You will have a session entitled "How to Make Best Use of Your Summer" at some point in the first few months, in which faculty and students will discuss each of these options in further detail. Successful completion of any of the programs in the below list will be included in your Dean's Letter.

**BSc. (Med):** This is a paid research position that spans over either both or one of your Med 1 and Med 2 summers. The result is the possibility of presenting at a conference and publishing a paper. It is technically an additional degree so if you pass you get another few letters after your name! More information can be found in the research section of this guide.

**Camp Briardale:** You can work as part of the medical staff at a Canadian Diabetes Association summer camp located in the Whiteshell. This experience may be applied for Early Exposure credit (see below). Contact Dr. Elizabeth Sellers for more info.

**Home for the Summer:** Home for the Summer is a program that consists of paid clinical placements in northern or rural Manitoba communities. The terms generally last 1 month, and often you can choose particularly which departments you would like to work in. The program culminates in a great night of research projects presentations (with cash prizes) and a BBQ at the Doctors Manitoba office!

**IFMSA Exchanges (SCOPE/SCORE):** This is an opportunity to explore research or clinical placements in countries around the world. The placements will often be in departments of your choosing and will host medical students from other countries as well.

**Ongomiizwin Health Services / Northern Medical Unit (NMU):** You can choose to do a clinical placement in a northern Indigenous community. These placements range from a 12-day elective to a full 10-week program. Contact Kathy Risk at the Dept of Community Health Sciences for more information.

**Summer Early Exposures:** Summer Early Exposures are opportunities for you to gain credited early clinical exposure in virtually any field of your choosing. You need to complete 80 hours shadowing a physician of your choice (usually 10 days of shadowing condensed in 2 weeks or spread out over the summer).

**WISH Clinic:** You may choose to work at the Winnipeg Interprofessional Student-run Health Clinic. You will be asked to assist in the provision of after-hours care to the Point Douglas community. This is a good opportunity to see the health of patients firsthand in the community near HSC.

## Research

You may choose to consider research during your pre-clerkship years in order to learn more about the process and types of research. These experiences often allow a student to garner research and presentation experience (local and conference) and publication experience; all of which can be added to your CV. These opportunities can be important in order to increase the competitiveness of your CaRMS application. Furthermore, pre-clerkship research allows students to have experience to draw back on when performing research in residency (a requirement for most programs) and improves your ability to win awards (scholarships and grants). More information: click [HERE](#) or contact your MMSA research program representative [HERE](#).

**B.Sc. (Med) Program:** This is a degree research program consisting of two 13-week terms spread over two summers. The program includes a \$7,500 stipend per term, 2-week vacation per term, and 40 hours shadowing. Abstracts for projects available usually come out around the beginning of October, applications are due in November. You are expected to write a manuscript and present your work when your research is concluded at the end of the second summer.

**Med II Summer Research Project:** For those who want to participate in research, but do not want to commit both of their pre-clerkship summers to research, this is for you! The program includes a \$7,500 stipend for one term. This can be completed either during Med 1 or Med 2 summer.

**MD/MSc Program:** This is a Master's degree done through the advanced degrees program in conjunction with the Faculty of Graduate Studies. The MSc. portion of your education is most typically done after your pre-clerkship years. It is paid (varies based on lab and scholarships) and full-time and typically takes 2+ years depending on your experience and project. There is some flexibility (projects available, transitioning into this program with BSc med project extension, start date etc) with this program, contact the Director of the Advanced Degree Program for more information: [Mark.Nachtigal@umanitoba.ca](mailto:Mark.Nachtigal@umanitoba.ca)

**MD/PhD Program:** This is a PhD degree done through the advanced degrees program in conjunction with the Faculty of Graduate Studies. The PhD portion of your education is most typically done after your pre-clerkship years. It is paid (varies based on lab and scholarships) and full-time and typically takes 4+ years depending on your experience and project.

You may consider this path if you see research as a big part of your career. There is some flexibility with this program (projects available, transitioning from an MSc project extension, start date etc), contact the Director of the Advanced Degree Program for more information: [Mark.Nachtigal@umanitoba.ca](mailto:Mark.Nachtigal@umanitoba.ca)

**Independent Arrangements:** Some students have found paid and unpaid research positions for a summer or two outside of the formal programs provided by UGME. Another option is helping a resident with their research project to get some research experience. These projects typically require some self-initiative to set up. The MMSA research representative may have more information about this.

## EXTERNAL ORGANIZATIONS

### Doctors Manitoba

Doctors Manitoba is the representative body for the medical profession in Manitoba. It offers a multitude of resources in a variety of areas. Below are just a few. Please check out [HERE](#) for more information! Doctors Manitoba's mission is simple: to serve the members of the medical profession, advocating for their professional, personal and economic well-being. In addition, they also provide the MMSA with an annual grant to help fund its programs!

### Student Services

**Doctors Manitoba Mentorship Program:** Sign up to meet regularly with a practicing physician and/or a resident in a relaxed, stress-free, supportive way. Find out what it's really like to go through CaRMS, be a resident, find work- life balance and to practice medicine!

**Med 1 and 2 Workshops:** In collaboration with the MMSA, Doctors Manitoba hosts a series of workshops that provide advice on surviving the first and second year of medicine including how to navigate areas such as leadership.

**Med 4 interview prep:** Every year Doctors Manitoba organizes workshops to help Med 4 students prepare for CaRMS by going over common types of interview questions with Residents who have recently gone through the interview process.

**Free membership:** Doctors Manitoba gives you free membership! Through membership, you get access to all their resources. Please view the website for more information. <https://doctorsmanitoba.ca/>

**Town Halls:** Students pick the topic, Doctors Manitoba tells us about it openly and honestly, and listens to our feedback! Feel free to submit ideas and watch your calendar!

**Wellness:** Doctors Manitoba provides supports, services, programs and resources for personal and professional health and well-being to help you thrive in medicine. Call 1.844.433.DRMB (3672) or Online Support can be found [HERE](#).

### **UMSU (University of Manitoba Students' Union)**

All registered U of M students in good standing are automatically members of UMSU. UMSU offers students a variety of services and is the students' voice to the U of M administration and the three levels of government. UMSU's main office is located at the Fort Garry Campus, Room 101 University Centre. They have an office on the Bannatyne Campus in the student lounge where UMSU Executives have regular office hours. UMSU offers a health and dental plan that you are automatically enrolled in. Click [HERE](#) for details.

### **CFMS (Canadian Federation of Medical Students)**

The CFMS is a national organization which represents all Canadian medical students. It is made up of two elected representatives from each of the medical schools as well as a national executive. They hold two general meetings a year and discuss many important topics related to medicine, student wellness, and much

more. They represent medical students to the public, to the federal government, and to national and international medical organizations. The CFMS homepage on the net also has information about CaRMS and other cool stuff, so check them out [HERE](#).

By virtue of being a member of the CFMS, you are entitled to a huge number of discounts! For a full list of benefits through the CFMS, click [HERE](#).

**Emails** - At least once a month you'll get an email from the CFMS representative Junior with the CFMS Communique which has various information regarding CFMS events, general meetings, ways to get involved, etc.

**Get Involved** - Read the CFMS Communique! Seriously! There's a lot of useful information regarding how you can get involved with CFMS, where you can apply for travel awards, what positions you can apply for, how you can get involved with position papers and much, much more!

### **CMA (Canadian Medical Association)**

The CMA is the national body that advocates for physicians Canada wide. With over 85,000 members, the CMA is a vast network. Membership is free!

The CMA provides students with opportunities to get involved with the larger medical community through CMA/Joule grants. Keep an eye out for further opportunities in the CMA newsletter that will be sent regularly to your email account.

### **CPSM (College of Physicians and Surgeons of Manitoba)**

The medical profession in Manitoba is self-regulated. By virtue of being a medical student, you are enrolled as a member of the College of Physicians and Surgeons of Manitoba.

They are a statutory body responsible for maintaining standards of practice through administration of their codes of ethics, regulations and by-laws. Each year, you will be prompted via email to renew your membership.



## CONTACTS

- **Maggie Eade:** Pre-Clerkship Program Lead  
[preclerkship@umanitoba.ca](mailto:preclerkship@umanitoba.ca)  
Contact for general questions about pre-clerkship, including curriculum management system, scheduling, curriculum, getting in touch with specific faculty, policies, video recording, etc. or students experiencing problems with individual scheduling, instructors, attendance, or other educational issues.
- **Anna Urbanik:** Enrolment Administrator  
[anna.urbanik@umanitoba.ca](mailto:anna.urbanik@umanitoba.ca)  
Questions about verification letters (anything for banks, awards, or organizations requiring confirmation of student status).
- **Student Affairs**  
[StudentAffairsMed@umanitoba.ca](mailto:StudentAffairsMed@umanitoba.ca)  
Questions about exam deferrals or support services.
- **Trina Larsen:** Doctors Manitoba  
[tlarsen@doctorsmanitoba.ca](mailto:tlarsen@doctorsmanitoba.ca)  
Questions about Doctors Manitoba, Town Halls, and other key programs.
- **Cynthia Okojie:** Doctors Manitoba  
[cokojie@doctorsmanitoba.ca](mailto:cokojie@doctorsmanitoba.ca)  
Questions about Doctors Manitoba Mentorship Program.
- **Eliya Ichihashi:** Electives Administrator  
[electivesUGME@umanitoba.ca](mailto:electivesUGME@umanitoba.ca)  
Questions about extracurricular shadowing, summer early exposures, pre-departure training.
- **Katherine Clark:** Pre-Clerkship Evaluations Administrator  
[preclerkevaluations@umanitoba.ca](mailto:preclerkevaluations@umanitoba.ca)  
Questions about exams (including OSCEs), policies, or timelines for grades.