

# Class of 2022 Preclerkship Survival Guide

Max Rady College Of Medicine | University Of Manitoba



CONGRATULATIONS

# CLASS OF 2022!

We are excited to welcome you to the Max Rady College of Medicine and to the medical profession! As the incoming class, you are entering 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 family as you navigate and master the exciting world of medicine.

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

We hope this guide answers some of your questions, as we know that this part of the entrance process can often feel confusing and overwhelming (trust us - we've been there!). If there are any other questions that have yet to be answered, 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!

**Amy Sahai**

Survival Guide editor

Manitoba Medical Students' Association

**Matt Maruca**

Doctors Manitoba

# Table of Contents

## First Things First

Summer Checklist  
Communication  
Orientation Week  
Professionalism

## Curriculum Overview

Medical School Overview  
Preclerkship Overview

## Academics

Class Format  
Note Taking Tips  
Entrada  
Attendance Policy  
Gross Anatomy Lab  
Service Learning  
Global Health  
Rural and Northern Health  
Examinations  
OSCE  
Performance

## Student Life

Attire  
Social Events  
Intramurals  
Awards and Finances  
Wellness  
Immunizations  
Summer Activities  
Winter Activities

## Student Government

MMSA  
Med 1-4 Council

## Campus Life

General Information  
Facilities  
Safety and Security  
Housing  
Parking  
Food  
Identification Cards

## Interest Groups

Executive Positions

## Opportunities

Shadowing  
Mentorship  
Summer Opportunities  
Research

## External Organizations

Doctors Manitoba  
UMSU  
CFMS  
CMA  
CPSM

## Contacts

# Acknowledgements

We would like to thank a few key people for their help in the review, editing, writing and production of the Survival Guide.



Doctors Manitoba  
MMSA 2018-2019  
Dr. Ira Ripstein

Class of 2021 & 2020 Council  
UGME  
Office of Student Affairs

# FIRST THINGS FIRST

## Summer Checklist



Come the first day of school, things will get very busy and you will truly hit the ground running. So until then, relax! Many of us would suggest taking time for yourself, your friends, your family, and for the things that you love to do before the hustle of school begins. That being said, there are a few things that we ask that you have done (or at the very least started) in the weeks leading up to your first day.

### 01 | Activate your University of Manitoba email account

Emails are the primary form of communication at the College of Medicine. Truthfully speaking, over the course of your medical education, you will receive more emails than you have ever received before. 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 at [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)

## **02 | Get your criminal record check (with vulnerable sector search) done**

### **A criminal record check can be obtained from:**

Winnipeg Police Service,  
Police Records, 245 Smith Ave  
Hours: Monday to Friday: 8am-3:30pm

or from your local law enforcement agency 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, please 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. We recommend ordering two for in person applications: 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 in the meantime, until the document has been sent to you. 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.

## **03 | Complete your Child Abuse Registry form and Adult Abuse Registry form**

These can be completed at 260 Brodie, at the University of Manitoba Bannatyne Campus, during regular business hours (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, drivers license, SIN card, etc - one of the two must have photo ID). Again, failing to complete these forms before registration may bar you from participating in classes.

## 04 | Register with Doctors Manitoba and Canadian Medical Association

Doctors Manitoba represents the entire medical profession, including students right from their first day of school. 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 please review the welcome letter and fill out the complementary application form.

The welcome letter can be found [HERE](#) and the complementary application form can be found [HERE](#).

## 05 | 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 2022, you will receive a welcome letter from the Admissions office with the CPSM package attached. You must complete and send this 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.

## 06 | Read and sign the Immunization Package

Because you will be entering the healthcare field it is important to be up to date on your immunizations as 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.

## 07 | 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.

## 08 | 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.

## 09 | Complete the Clinical Learning and Simulation Facility (CLSF) User Form and Release

All students must read the following agreements, sign, and then scan and email the completed forms to [enrollmentugme@umanitoba.ca](mailto:enrollmentugme@umanitoba.ca). To learn more about the CLSF click **HERE**.

You can find the CLSF User Agreement **HERE**.

You can find the CLSF Consent for Release of Video and Audio Recordings **HERE**.

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

Students must also read the following forms, sign, and then scan and email the completed forms to [enrollmentugme@umanitoba.ca](mailto:enrollmentugme@umanitoba.ca)

The Consent, Waiver & Assignment can be found **HERE**.

The Consent for Clinical Video and Audio Recordings can be found **HERE**.

## 11 | Get your University of Manitoba student identification card

This can be completed at the Neil J. MacLean Library front desk at the Bannatyne Campus. 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 (heads up!) 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 the first day of your orientation week in August or on the day of your White Coat Ceremony when everyone is all dolled up!

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



# Communication

Starting now, and over the course of the next 4 years, you will undoubtedly be receiving an overload of information. There are a few key platforms that you should be aware of, and check regularly, as updates and relevant information may be shared there.



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 two Facebook groups. The first is “MB Med 2022”, which is your class’s Facebook page. Here, you will find all relevant updates on virtually everything relating to your class - including what your council members are up to, the events that are occurring around campus, and study tips and resources. The second group is “Manitoba Med 2018-2019”. This group 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, any updates from the MMSA, and any 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 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

All of the information you'll need to know regarding your schedule, lectures, lecture material, your grades, your attendance, and other resources will be found on Entrada. Entrada is a new platform that is being piloted for your class - so be on the lookout for guides on how to navigate the platform! (Just an FYI - You may hear about the old platform that the upper years will still be using - its called "OPAL". You guys are lucky and are getting the new and improved system "Entrada".)

## MyUmanitoba Email



Now that you've set up your email account - be sure to check it very frequently! From here on out you will be receiving nearly 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, try setting up your MyUmanitoba email on your phone and enable push notifications. If you have a second email address already linked to your phone you can add a second 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, click [HERE](#). If you need help adding your MyUmanitoba email to your android, click [HERE](#).

# Orientation Week

## Registration

Orientation week will begin on August 21st, 2018. A full timetable of your O-Week schedule can be found on Entrada. Registration will begin at 8am on the Tuesday, in the Brodie Atrium. On this day please remember to get/bring your University of Manitoba student ID card as it will be taken from you to activate it for use around campus. Also, please remember to bring your MMSA fee payment on this day. You will also have an opportunity to pick up your white coat from the University of Manitoba bookstore, which you will need to bring back for your White Coat Ceremony the next day. 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.

## White Coat Ceremony



Your white coat ceremony will be on August 22nd, 2018. This is the formal ceremony that celebrates your acceptance into medical school - so feel free to invite your family and/or friends to the event! Before the event, you will assemble downstairs in the Joe Doupe Gym and get organized. Here, there will be a photographer that will be taking your photo (heads up!) that will be your identification photo as a medical student (this photo is used mostly in your third year when you hit the hospitals).

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 pledge the Hippocratic Oath. Afterwards, there will be a light lunch upstairs in the Basic Medical Sciences building and an opportunity for photos.

## Evening O-Week Events

The Class of 2021 will be organizing a number of welcome events for you on the evenings of August 22, 23, and 24, 2018. Keep an eye out on your Facebook page for more information!

Orientation week will continue during the days of August 23rd and 24th, 2018, with talks from different faculty members to help orient and prepare you for your first year.

# Professionalism

## 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 therefore expected to conduct themselves in a professional manner.

So what does this mean? Simply, 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. Although some aspects of professionalism are black and white, many are grey. Below, we hope to help navigate you through some of the ambiguity by listing some ways to start adopting professionalism 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:

- 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
- Not engaging in private conversations during lectures and sessions

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!

## Feedback

UGME (Undergraduate Medical Education) gives us infinite opportunities around the year to give feedback on the curriculum. This includes giving feedback on:

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

Unlike some aspects of undergrad, we are incredibly lucky to have these chances to speak up with comments or suggestions we may have 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, however please keep all feedback courteous and respectful.

## Interest Group Activities

Over the course of the year, interest groups will host a number of talks, events, and sessions for us. Groups will invite speakers, doctors, and other professionals for Skills Nights or talks. 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 that you sign up for.

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. If you know in advance that you cannot make the event please let the organizers know at least 24 hours in advance. Failure to do so will result in an 'absence' from the interest group events. 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, ect.). Three such absences in such a year will cause you to become 'blacklisted' from interest group events for the following year - so moral of the story is to show up to what you sign up for! 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 perform dissections and learn about human anatomy on 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 or focusing on. Also, absolutely no photos are allowed to be taken of gross lab specimens and certainly no posting photos of specimens on social media.

## Social Media

Speaking of social media, this can often be an undermined and overlooked aspect of professionalism. 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 also are representing the Max Rady College of Medicine from here on out. We've attached examples of some do's and don'ts of social media posting [HERE](#).

## Patient Contact

Within the first few days of school you will attend a lecture regarding the personal health information act (PHIA), which is a pledge barring you from sharing confidential information about patients. This session will highlight how to maintain utmost patient respect and confidentiality. You will then pledge to maintain all identifying patient information as confidential information.



# CURRICULUM OVERVIEW

## Medical School Overview

So, you got into medical school - amazing! Over the next few years you will be going through some of the most exciting and challenging times of your life, all towards the path to becoming a doctor. That being said, what exactly does the path towards becoming a doctor look like? Here, we'll show you the 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 healthy, normal anatomy and physiology. You will start with the Foundations of Medicine course, a summary/overview of important general science concepts that you probably have seen before on the MCAT or if your undergrad was in science. Then you will continue to rotate through each organ system/course one at a time. 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.

### Second Year

During your second year you will go through each organ system again but 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 second year, you will consolidate the material you learned in the first two years in a course called Consolidation, and have an increased focus in pediatrics, pain management, and dermatology. While in your first and second year of medicine you are technically in “pre-clerkship”.

## Third Year

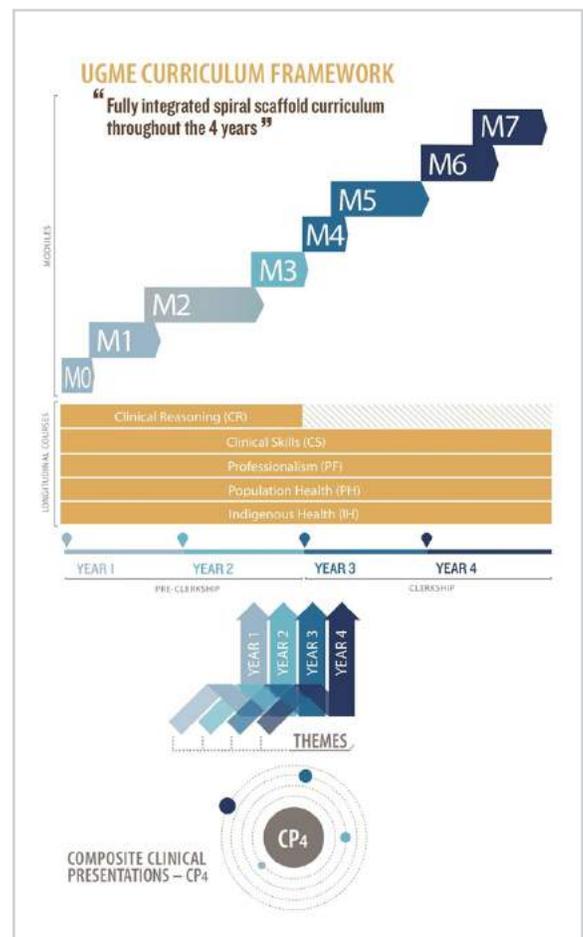
Third year, or the start of your clerkship, is when you finally have a chance to work in the hospital. You will undergo multiple 6 week rotations in a number of medical specialties, including Psychiatry, Family Medicine, Surgery, Anaesthesia, Pediatrics, Obstetrics & Gynecology, Internal Medicine, and Emergency Medicine, in order to get an idea of what each specialty entails. In addition, you will be studying for and writing standardized exams (NBMEs) at the end of each rotation.

## Fourth Year

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

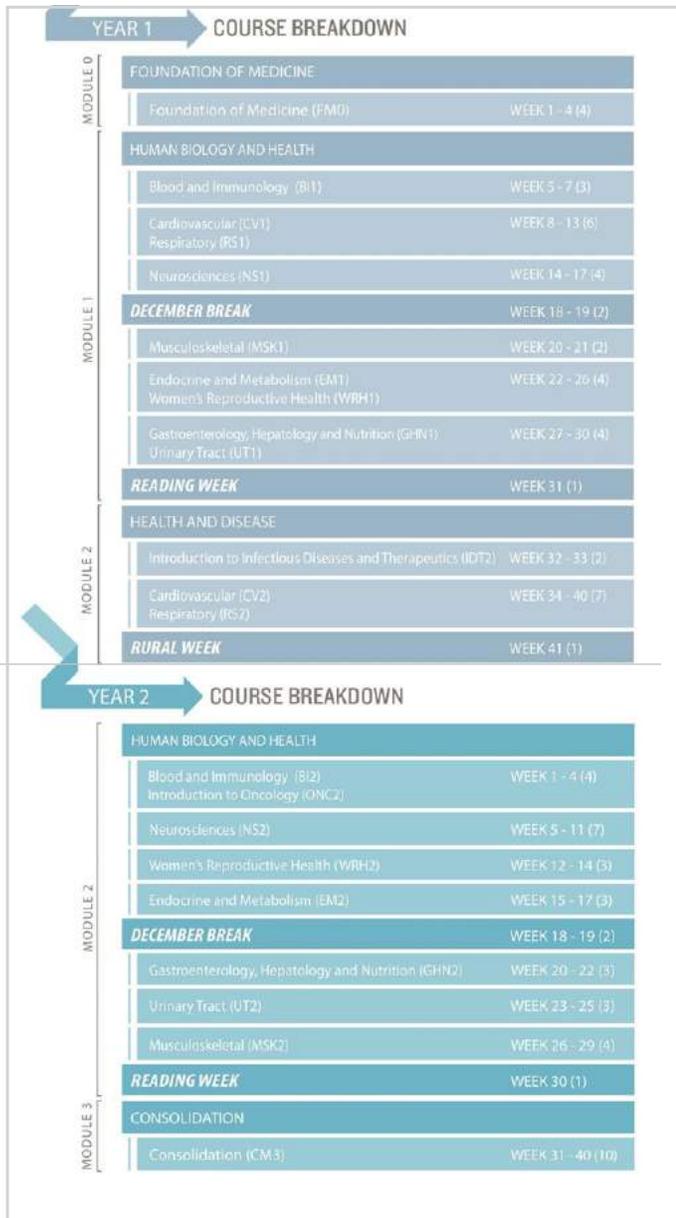
## Residency

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



# Preclerkship Overview

For the purpose of your first year, and thus this guide, we'll focus a bit more on what to expect during your preclerkship years (Med 1 and Med 2). As mentioned, you will learn each organ system of the body twice: once through normal anatomy (Med 1) and once through disease and pathology (end of Med 1 and Med 2). Below, we've included the course breakdown over the next two years.



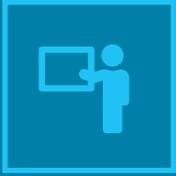
## Preclerkship Course Timeline

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 Format



**There are three possible formats in which material will be taught.**

**WGS** - Whole Group Sessions are lectures with your entire class.

These are often (but not always!) recorded and usually are not mandatory attendance. In your first year, most of these will

takeplace in Theatre B in the Basic Medical Sciences building.

**SGS** - Small Group Sessions are tutorial styled sessions with a group of around 10-20 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 taught. Most often these take place either in the BMS rooms or in other smaller rooms around campus - so make sure to check Entrada to see where you're assigned. Most likely, these sessions are mandatory.

It is very helpful to prepare in advance for these sessions.

**AS** - Assigned Studies are protected times given in the schedule to go over assigned readings.

Sometimes, the professor may have you watch a pre-recorded lecture. There are no live lectures during this time, and you do not have to attend class during this time. 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



School tends to hit the ground running and often students find it difficult to find a rhythm for studying, or to find the methods that work best for them. Of course, everyone is different, and everyone finds different strategies and resources effective. We've compiled some of the most useful and universal tips that students have chosen to use. Of course, you don't have to do any of these - just do whatever works for you! These have just been useful for some students in the past.

- 01** 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 incredibly 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. This is incredibly helpful as there is an overload of lectures and material over the next two years!
- 02** Get an **iPad or tablet**. Many students have found it invaluable to have an iPad or tablet to help facilitate their learning. Particularly for students who enjoyed printing off notes and writing on them in undergrad/high school (which we do not recommend), having a tablet for note taking and drawing has been incredibly helpful. 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!
- 03** Check the class notes **Dropbox** for supplemental resources. The class academic Dropbox 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 Dropbox within the first month of school. Some of the provided notes include great summary notes for each lecture (ie. Kardy Notes), tutorial answer keys, and other helpful notes provided by students in previous years.

- 04** Kardy Notes give you a quick but comprehensive rundown on 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!
- 05** Use Erin's flashcards to master any lecture. These can also be found in the DropBox, and the link will take you to Quizlet. Password for each flashcard set is "med2020".
- 06** If you feel unsure about a topic, try re-watching the lecture. The fact that our lectures are often recorded is a huge bonus at the College of Medicine. This gives many students who may still feel foggy on certain subjects the opportunity to revise.

### **Textbooks**

We would 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 online. There are also a few out there that can be found for free online.

## Entrada

Entrada is the online platform that will house your schedule, notes, lectures, assignments, and quizzes for your time in medical school. Entrada will (essentially) act as your guiding light for the next few years. Some students would even suggest to make 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. Keep on the lookout for updates to this section, including tutorials on how to most effectively use Entrada to help you this year.

# Attendance Policy

As already mentioned, some of your classes and tutorials may require mandatory attendance.



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 back to 260 at the end of the session. Keep an eye out for an email that may prompt you 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, and are invaluable to solidifying and contextualizing the content taught to us in lecture. Remember that being present for these sessions is important and shows respect for instructors who have cancelled appointments with their patients in order to teach you.

If you need to miss a mandatory session due to an illness or an appointment you must 'Report an Absence' on Entrada, which will be submitted to UGME, explaining the reason for your absence. This is best done before a missed session, however you can report absences after the session as well. UGME will then review your submission and approve or decline your absence. This sometimes takes a few days - so don't worry if they haven't approved it right away. Until then, your submitted absence will appear as 'pending' on Entrada.

If you do not report your absence, or if your absence submission is not approved by UGME, you will rack up 'unapproved absences'. Be careful! There are only so many you can miss per module before Dr. Ripstein (Associate Dean of Medicine) calls you into his office to have a chat with you. Below is a chart of the number of absences you can have before this happens. Remember that an absence is counted per day, not per missed session. So, if you miss three mandatory sessions in a day, you will only have one absence, as opposed to three.

	M0	M1	M2	M3
Approved Absences	-	12	12	-
Unapproved Absences	2	5	5	2

Please make every effort to ensure that you properly sign in for each mandatory session. Failure to do so will result in an 'absence' for you for that session - even if you really were there. Other students and preceptors unfortunately cannot 'vouch' for 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 located 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 in to school). The following are some things to have, and some tips on how to be prepared.

**01 Scrubs or Lab Coat** - Generally, in the gross lab, you will have the opportunity to explore human anatomy using teaching cadavers. Often this involves dissecting and interacting with the specimens directly. The clothes you wear may contract a particular "odour" from the lab. As such, there are two recommended attire options. 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 may have lying around from undergrad science labs will work just fine as well! The second option is scrubs. You may choose to change into a pair of scrubs for every gross lab session. Previous classes have purchased them from Giant Tiger, the University Bookstore, Mark's, Unimor Healthware, or online.

- 02 Closed Toed Shoes** - Gross lab protocol requires students to wear close toed shoes at all times in the gross lab. Often, students choose to keep separate footwear for the gross lab (sneakers, canvas shoes, etc.), however, this is not necessary.
- 03 Dissection Kit** - Eventually, you will be sorted into core gross lab groups that (generally) stay consistent throughout your gross lab sessions over the course of the year. Once your group has been determined, communicate with your group members about who is responsible for purchasing a dissection kit. Generally, having 1-2 students from each group purchase one should be sufficient. Dissection kits can be purchased at the University of Manitoba Bookstore. Everyone can purchase one if they like as the tools that come in the dissection kit can also be used to practice suturing (a.k.a stitching up wounds! Which you will start doing more of in clerkship).
- 04 Lock** - Students cannot take bags, jackets, or other items into the gross lab. The lab has a number of lockers that are available for use just outside of the lab. Once you select your locker, it will be yours for the year. Remember to bring your own lock for these lockers!
- 05 Gloves** - You will need to bring your own gloves to each gross lab session. Within the first few weeks of school, your class treasurers will host a glove sale, so stock up then!



Your first year courses are often quite anatomy heavy, so it's helpful to use gross lab time to your advantage! Here are some tips on how to get the most out of this amazing opportunity:

- 01** Come prepared to each gross lab session - Before each session, we suggest reviewing the associated materials online. This will help guide your learning and make each session as impactful for you. Without taking the steps necessary to prepare for each session, it's very easy to become overwhelmed, disoriented, and confused during the gross lab sessions. But don't worry - even reading through the notes once can be helpful. We also strongly recommend one student in your group prints out the notes for the lab sessions - iPads and other electronics will not be permitted in the lab.
- 02** 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 - just make sure to take care and properly maintain the specimen once you are finished.

**03** Supplemental resources - Some of us have really benefited from using supplemental resources to help us solidify the concepts taught in gross lab. Below are a few helpful contenders:

- **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 through the use of flashcards. Netter's provides comprehensive flashcards that can help you master human anatomy

**04** End of year burial service — at the end of the year, there will be a 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 often find it comforting to see the impact their loved one's donation has on the medical education of students.

# 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. This is done to have a better understanding of the population that we will serve, 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 a number of pre-specified hours per month. The placements include a huge number of 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 which you will be asked to complete a survey to rank the organizations you are most interested in working with. Students often 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 a number of opportunities to become involved and supplement your education in global health.

## Global Health Concentrations Program

For starters, keep an eye out in the beginning of the year for 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 some coursework. This credit will appear on your Dean's Letter (MSPR) after successful completion. Your GHLSr. 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 CFMS general meetings twice per year to discuss all things global health on a medical curricular level.

# Rural and Northern Health

The Office of Rural and Northern Health (ORNH) and the Rural Interest Group (RIG) on campus are tasked with exposing you to the fascinating and exciting realm of rural and northern medicine.



## RIG Trips

Each year there are generally two RIG trips that are organized for any student that wishes to sign up. The cost is free and you have the opportunity to 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. Last year they took students to Brandon and Selkirk. Keep an eye out for more information from your RIG reps!

## Rural Week

At the end of Med 1, your last week of school following your final exam will be Rural Week! This is a one-week exposure to a rural or northern community. You will have the 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, such as fishing, hiking, or visiting the local high school to give a talk about Medicine! There are a large number of 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, ORNH will have 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. After this, you will be matched to a community, where you will be spending your week.

# Examinations

Each modular course that you will complete will generally consist of a midterm and a final exam. By the way our schedule is set up you will be writing around 40 exams this academic year! Here are some quick tips about exam days:

- 01** Exams are generally written in Theater A, Theater B, Theater C, or 626 Brodie. The class is often split alphabetically - so be sure to check online where you are writing, as it is subject to change!
- 02** You will need 1 piece of photo ID to identify yourself when you sign into an exam. At the start of each exam, ensure that you find the appropriate individual with your sign in sheet (it's sorted alphabetically) and remember to sign in!
- 03** You will not be allowed to bring anything into an exam other than your laptop and charger, a writing utensil, and a beverage container that is clear with no label on it. You may also bring ear plugs if you wish. Scrap paper will be given to you once you sign into your exam. Remember to not write anything on the scrap paper until the exam has officially begun!
- 04** Once you are finished writing the exam, be sure to show the 'green check mark screen' to the exam invigilator, just so they can ensure that you successfully uploaded your exam.
- 05** Exam results will be released within 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. 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, just 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.

- 01** 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!
- 02** You must use Wi-Fi for downloading and uploading exams via UM-Secure. However, while you are actually writing the exam, you don't require Wi-Fi so your connection could be dropped. For some reason, when uploading, your computers may seek out UM-Guest, which doesn't work. Please ensure you're connected to UM-Secure before uploading your completed exam!
- 03** 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. If you are running late, don't sweat, you can arrive up to 30 minutes after the exam has begun. That being said, students who arrive more than 30 minutes after the start of an exam will receive a score of zero for that exam.

- 04 Click [HERE](#) for any specific questions you may have regarding ExamSoft.
- 05 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. Theatres B & C and 626 BMS have outlets for each seat. However, electrical outlets are limited in Theatre A and 204 Brodie. UGME does not have spare power cords.
- 06 MED IT reps will be present at the first few exams to help you out with technical difficulties, should they arise.

## OSCE



OSCEs (Objective Structured Clinical Examinations) are simulated clinical exams and are how you will be formally examined in the Clinical Skills course. They are station-to-station 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, 3-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. At the end of this session there will be a fair at 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 until the fair 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. The fair will also have sales and draws for cheap/free equipment, which is another good reason to wait until then. Some students may choose to purchase a pen light, reflex hammer, or blood pressure cuff - this is useful when practicing but not mandatory. Also, a pen light may come free with your stethoscope - so look out for that before you purchase one!

## Preparation

Every student has their own preferred method of preparing for OSCEs. That being said, virtually everyone benefits from practicing their history taking and physical exam skills with a friend, or a group of students. We recommend finding a few people to practice with, or even practicing with family members and non-med school friends.

The Dropbox has great resources for OSCE information and tips, so be sure to check it out! The Clinical Skills course also closely follows the Bates textbook, and is the recommended textbook for the course. 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 ect. Use them to your advantage! Also, you can take out a kit full of clinical tools from the NJM library for a one day period. This is super useful for practicing your skills.

## FOSCE

You will have an opportunity to go through the motions of an OSCE during your formative OSCE, or FOSCE. This will take place in September. The FOSCE will be a one-station simulation, and you will be asked to take a general patient history. Don't stress! This station is not for marks in any way, and is designed to help provide you with some feedback from upper year students.

## OSCE Day

At your FOSCE and OSCE, be absolutely sure that you report to the CLSF 10 minutes before your scheduled time. They will not make accommodations for late comers. Be sure that you have the following things:

- 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. That being said, the grading system is simply pass/fail. UGME's standard for a pass (for any course with the exception of the 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. That being said, sometimes life happens, and school can't take the front stage, or you may have found a course particularly difficult. If you finish a course with a grade between 60.0%-62.9%, there are some things that you can expect:

- 01** You will receive a letter from UGME (likely Dr. Ripstein) explaining that you are now on 'monitored status'. Don't freak out. It's okay. 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.

- 02 You will be asked to meet with Dr. Yu, Director of Remediations. This is an informal meeting, and is put in place to give you an opportunity to touch base with faculty about why you may be struggling. She may put you in contact with someone on campus who can help with study skills, or 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.
- 03 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:**

- 01 You will receive a letter from Dr. Ripstein explaining that you have been placed on 'probationary status'. Don't worry. It's still okay! At this point, you will be asked to meet with Dr. Yu within 10 working days to discuss remediation. At this point you will have to remediate (retake the final exam). She will also go through your study habits, or discuss with you what may have gone wrong. This is a great opportunity to reach out to UGME if need be.
- 02 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 so need.
- 03 The remediation period for most of the modular and longitudinal courses occurs in the summer, with the exception of 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 of the achievements you've made through med school used for your residency application).

If you are in a situation that 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:

- 01 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, click [HERE](#) (page 9).
- 02 Failing the second remediation of a modular course
- 03 Failing 3 longitudinal courses, or the remediation of one longitudinal course.

All this being said - don't panic! There are always supports at the University and College of Medicine to help you when you need.



# STUDENT LIFE

## Attire



What you wear day to day is a personal decision. Many students in med school dress in casual clothing, however,

it is not necessary to wear anything that you are not comfortable in. If you are most comfortable in sweats/jeans/dresses/hoodies, you do you. (Of course, 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 on Entrada. Generally, if there will be standardized patients or special guests (patients) present, then assume that the code is business casual.

Session/Rotation Details	
<b>Session ID</b>	EX123
<b>Session/Rotation</b>	8-Station OSCE
<b>Session/Rotation Type</b>	Exam
<b>Group Type</b>	1
<b>Mandatory</b>	No
<b>Unit/Module</b>	Exams
<b>Department</b>	UGME
<b>Session/Rotation Leader</b>	
<b>Special Instructions</b>	<p>If you need to change your exam time, please arrange to switch with a classmate. Both students must email Kathy.Sobba@umanitoba.ca with the details before March 30, 2018 at 12:00 PM.</p> <p>Please report to the CLSF lobby 10 minutes prior to your start time. Track staff will be providing an orientation prior to the exam commencing. Late arrivals will not be accommodated.</p> <p>Due to limited space, please leave all outerwear, bags, backpacks, cell phones etc. in your locker.</p> <p>Food/Drink are not allowed in the CLSF.</p> <p>All students are required to bring the following: clean lab coat, student name tag, stethoscope, watch, and pens/pencils. Please remember that students should present themselves in a professional manner.</p> <p>Clipboards and paper will be provided.</p> <p>Exam-specific equipment will be in each room. Students are only required to bring what is listed above.</p>
<b>Session Evaluation</b>	<a href="#">Session Evaluation</a>
<b>Web Links</b>	

# Social Events

The MMSA organizes a host of events over the course of the year to bring the College of Medicine students together. Below are some of the exciting events to look forward to this upcoming year!

## **Ice Bowl Hockey Tournament 2018** - SEPTEMBER 14-16, 2018

At the start of each school year medical students from across Western Canada come together for a hockey tournament between the medical schools over the course of a weekend. The University of Manitoba compiles two teams; one for the men's division and one for the women's division, to face off the other Western medical colleges. If you're interested in playing for the team, lookout for sign up throughout the summer and within the first few days of school. If you don't play hockey but are interested in cheering your classmates on, this is a super fun event to go to! Lots of students go as viewers and not players. There are fun themed socials each night to go to as well.



## **Med-Law Social 2018**

The College and Medicine and the Faculty of Law at the University team up each year to host a social in October! Keep an eye out for ticket sales in the weeks leading up to the event.

## **Movember Coffeehouse 2018**

The Movember Coffeehouse is an annual event that aims to raise money for The Movember Foundation, an organization that aims to fund prostate cancer, testicular cancer, and men's mental health and suicide prevention research and initiatives. The Movember Coffeehouse is an opportunity for medical students in all four years to showcase their talents outside of the classroom. Anyone is welcome to perform, so if you have a talent that you would like to showcase to your classmates keep an eye out for the sign up that will come out a few weeks before the event!

## **Winter Formal 2018**

Dance the night away at the annual Winter Formal! Expect an elegant evening of delicious dinner and plenty of dancing in the Crystal Ballroom of the beautiful Fort Garry Hotel. This event is in the last few weeks of school leading up to Winter Break.

## **Provincial Lobby Day 2019**

Each year, the Student Advocacy Committee (SAC) organizes a day where medical students meet with provincial politicians at the Manitoba Legislative building and speak about a particular topic that students feel requires government attention and action. SAC will host a briefing/training session before the day, so you can get informed and know what to expect the day of. Lobby day is open to all medical students interested.

## **Beer and Skits 2019**

Beer and Skits is a night of jokes, hilarity, and friendly competition, as each medical class shares their own live and recorded skits on the stage and on the big screen. Classmates get together to prepare a masterpiece to entertain and, most importantly, impress the judges!

## **Doctors Manitoba AGBM**

One of the biggest nights of the year for the medical profession is the Doctors Manitoba Annual General Business Meeting and Awards Ceremony in early May. Mix and mingle with community and tertiary physicians, resident physicians and other medical students while learning what's new in the profession.

# 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 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 wish.

# Awards and Finances

There are a number of opportunities and things you should know regarding your finances and available awards through the College.



## 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 that you can receive government loans for.

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. You can only apply for these once you have been assessed for government student aid. 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

## 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 in around March, so be on the lookout!

## Awards and Scholarships

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 a number of types of awards and scholarships that you can apply for, including:

- Entrance scholarships
- Specialty awards
- Travel awards
- MMSA Inaugural 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 repayment or fulfillment of another requirement, so look at the fine print.

- [Emergency Loan Program](#)
- [Province of Manitoba-Aboriginal Medical Student Financial Assistance Program \(AMSFAP\)](#) information can be found [HERE](#)

## 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. You can send a letter of thanks to the donor and CC it to the Student Affairs office.

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

Dr. Aaron Chiu

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

204-787-4571

## Line of Credit

As a medical student, you can apply for a Medical Student Line of Credit, which accumulates interest at prime. Many banks have their own representative who deals exclusively with these. For more information, please contact your bank or browse around to find what best suits you. More information, especially regarding what different banks can provide for you, will be put together in a financial information package and distributed to you shortly - so stay tuned! If you have any questions, please don't hesitate to ask us.

## Insurance

We know it's not exactly what you want to hear about but it's something you have to turn your mind to. Even though you are not yet earning an income, Doctors Manitoba has arranged for Disability Insurance to be offered to medical students currently residing in Manitoba and enrolled in the Max Rady College of Medicine.

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.

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 (October 1st to November 30th).

	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)

# A BRIEF GUIDE TO FINANCE

Finance 101- everything you need to know about finances in under 15 pages (or at least a good starting point)

<http://mmsa.online/wp-content/uploads/2017/08/Finance-101-2017-2018-update-Aug-16-2017.compressed.pdf>

## 1 FINANCE 101

The document not only contains the basics on financial terminology, an example medical student budget, insurance options, and information about scholarships and bursaries, but also includes a detailed chart for comparing different line of credit options!

## 2 AWARDS AND SCHOLARSHIPS

Internal awards and scholarships are presented to students based on pre-determined selection criteria. A need-based award is given based on a combination of academic merit, demonstration of financial need, and in some cases non-academic requirements. Several different types of awards and scholarships may be applied for.

## 3 BURSARIES

Bursaries are non-repayable grants awarded on the basis of financial need. There are several bursaries offered through the University of Manitoba. Applications may be sent online through Aurora and the deadline to apply is October 1st each year.

## 4 ALAN KASS MEMORIAL PROGRAM

The Alan Kass Memorial Program is intended for students traveling to a low-resource community for an exposure or exchange, or for students attending a national or international conference with a social focus. Information regarding applications is distributed via email in March.

## 5 STUDENT AID

Student aid is an integrated financial assistance program through the provincial and federal governments that is meant to supplement financial resources. Eligibility for grants is automatically assessed. Student loans are interest free while you are a full-time student and repayment starts six months after your studies are completed.

## 6 LINE OF CREDIT

A professional LOC is a bank loan with a very low interest rate. Most LOCs are fairly similar, but be sure to refer to the Finance 101 guide for a comparison of different options. Students are often able to borrow large sums of money making it extremely important to develop a debt management plan.

## 7 OTHER PROGRAMS/ASSISTANCE

There are plenty of financial services and programs that are provided through the University of Manitoba as well as other institutions. These include an Emergency Loan Program, Aboriginal Medical Student Financial Assistance, various types of insurance, etc. Watch for the Financial Literacy Series as well as other talks provided by the MMSA to learn more and avoid missing out on opportunities like having your taxes done for free!

## 8 DANIEL TORBIAK

Dan Torbiak is an excellent resource for students with questions about everything finance! He can be reached at [daniel.torbiak@umanitoba.ca](mailto:daniel.torbiak@umanitoba.ca) or 204-291-3553 and will meet with students to review their personal financial situations and concerns.

## Finance Series

Over the course of the year, the MMSA will host a number of 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!

We've attached a quick infographic to give you a snapshot of the finance opportunities available to you as a University of Manitoba medical student. For more information, refer to the Finance 101 link that's listed in the image.

# 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. The best way to handle this is to be proactive and to lead a more balanced lifestyle. Still, however, life can be difficult and you may face some unforeseen circumstances - burnout is definitely real. Student wellness is a priority in medical school, and we take it very seriously.

On the MMSA there is a Wellness Rep that will put on tons of fun wellness-related programming throughout the year. This includes challenges, workshops, and other ways to get students to take care of themselves. These challenges also often involve some really fun prizes. Be on the lookout for sign up 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](#).

## Office of Student Services

On campus, we are privileged to have the Office of Student Affairs and Student Services that exist to help and advocate for us when we need it most. If you find that you are struggling while in medical school, do not hesitate to reach out to them.

Leah Deane

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

204-272-3198

Student Services

S211 Medical Services Building

You can self-refer to Leah Deane at Student Services, who is the intake coordinator. Leah is able to refer you to services including psychologists and other mental health supports. 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.

## Services for Students

If you would like to see a study consultant, please get in touch with Jim Honeyford.

If you require accessibility services, please contact Jamie Penner.

If you need help with goal setting or interview preparation, please contact Coach Jim McLaren.

If you run into exam troubles or accommodation issues, contact Dr. Sally Longstaffe.

For career counselling, please contact Kate Yee.

For any of the above, please get in touch with Cindy from Student Affairs at [studentaffairsmed@umanitoba.ca](mailto:studentaffairsmed@umanitoba.ca) to get in touch with the team member you need.

If you need to see the Interim Associate Dean of Student Affairs, Dr. Sally Longstaffe, please email her with the urgency of your issue and the concern outlined in the email so it can be triaged appropriately.

## University Counselling Services

The Student Counselling Centre (SCC) provides free and confidential counselling at the Bannatyne campus to all Faculty of Health Sciences (FHS) students.

Medicine students are encouraged to contact SCC reception to schedule an initial appointment. Medicine students are also eligible to attend counselling at the Fort Garry campus (474 University Centre)

Student Counselling Centre

204-474-8592

S207 Medical Services Building

Free, confidential consultation and treatment for students experiencing emotional stress is available from Dr. Sala from the Department of Psychiatry.

For appointments, contact the office at:

(204)-789-3328

A120 Chown

## Health and Dental Insurance

UMSU (University of Manitoba Students Union) offers a health and dental plan which all students are automatically registered in and pay for in their tuition fees. You can opt out of the plan by a specific date if you can show that you have alternate insurance. See this document for details on what services you are covered for. You are also eligible for extended healthcare insurance through Doctors Manitoba, which has a more robust drug plan.

## Learner Mistreatment

Unfortunately, student mistreatment can happen at any point in your medical education. However, it is encouraged that you report incidents so they can be acted upon and dealt with. Student mistreatment can come in many forms, some examples include belittling or verbally abusing the learner, use of racially offensive remarks, any sexual misconduct, and more.

More examples and more in depth information can be found [HERE](#).

### How to report:

- 01** You are encouraged to speak to someone you trust: a fellow classmate, faculty member, student advocacy, human rights and conflict management office, etc.
- 02** Fill out a report using the Speak Up button on your Entrada login page. Or [HERE](#).

\*\*The report and your information are kept anonymous. Only the Dean of Professionalism (Dr. West) and his Administrator will know your personal information.

# Immunizations



Immunizations are a very important part of the health care that we provide to 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 a number of immunizations. During your first week or so you will have to get a blood test done to do serology, the results of which will be sent to you in your mailbox. The results of this will determine if you need to get a hepatitis B immunization/booster or if you are already immune. You will also be getting the Tdap (tetanus, diphtheria, and pertussis) immunization. If you choose to do so, you may be immunized for hepatitis A, but since it is not required there may be a charge depending on your health coverage. Finally, you will be tested for tuberculosis with a TB skin test. All of the previously mentioned immunizations will be done during clinics, usually in Theatre D or 204 Brodie, by your Med 2 counterparts. It is important to make sure that you attend the clinics at the time that is set for you based on your last name, if everyone shows up at the improper times, it slows down the process. Optional HIV testing is also available. If you have any questions about immunizations that haven't been covered, be sure to contact the immunizations office.

# 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!

## Hiking

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, like grasslands, boreal forest, granite ridges, waterfalls and more. Grab a friend, classmate, or furry companion and get outside and enjoy the nature. Some suggestions are listed below but there are many other options throughout the province!

- **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 60 km

## Festivals

Manitoba is home to quite a number of festivals or events celebrating music, the 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 located in River Heights/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 a number of 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 \$17.75 for students.

## St. Norbert's 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 Bombers are Winnipeg's local CFL team. New to the 2018 season, the Bombers are offering student tickets for a price of \$20.72. 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 peoples traded at The Forks, followed by European fur traders, Scottish settlers, railway pioneers, and tens of thousands of immigrants. There are a number of things to do at the Fork's including taking a stroll through the lights show, going for a skate down the Red River Mutual Trail, the Guinness World Record-holding longest naturally frozen skating trail, participating in the Crokicurl Tournaspiel, a giant game of Crokinole using curling rocks, or enjoy a warm beverage or meal in The Forks Market.

## 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

If you love hockey, try to attend a Winnipeg Jets or Manitoba Moose game at Bell MTS Place in downtown Winnipeg. Tickets for the Jets come at a premium, so if that's out of the budget but you love to watch live hockey, check out the Moose. If the Jets make it to the playoffs be sure that you're ready with your best "white-out" gear for the outdoor parties.

## Cross-Country Skiing

If you love to spend time outside there are a number of 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 peaks your interest. Student admission is available for \$17.00 or the first Wednesday of every month is free after 5pm.



# 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 a number of 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 year, the Senior Stick is Chris Briggs (Med 4). He 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 Jaymie Walker (Med 3). 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.

### 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. The Vice Stick External this year is Achieng Tago (Med 3).

### CFMS Rep Jr.

The CFMS Representative is Fatemeh Bakhtiari (Med 2). The Junior Representative is generally promoted to the 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 Amy Sahai (Med 2), who 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 and Junior Treasurer, Simmi Dhaliwal (Med 3) and Henry Li (Med 2) respectively. These crafty individuals are responsible for all of the MMSA's finances. The Junior Treasurer is promoted to Senior Treasurer the following year.

## **MMSA Programmers**

Two very important positions are the Programmer and Special Functions Coordinators. These positions are usually held by Med 2s; they are responsible for organizing social activities such as socials and formals for all medical students. This year, the positions are filled by Dhasni Muthumuni (Med 2) and Jennifer Holmberg (Med 2).

## **UMSU Representative and Senator**

The UMSU Representative is Cole Kubay (Med 2) and the Senator is Izabella Supel (Med 3). These two individuals represent us on the University of Manitoba Students Union and the Senate respectively.

## **Communications Representative**

The Communication Representative is Kristen Braun (Med 2). She is responsible for the secretarial duties of the council as well as distributing information about what council is doing via newsletters and the MMSA website.

## **Corporate Relations Representative**

The Corporate Relations Representative is Kaitlyn Kaltenberger (Med 3). She is responsible for sponsorship and business relations between the MMSA and businesses, as part of MMSA funding (Icebowl, O-Week, etc.). They are also involved in organizing CPR training and recertification for students.

### **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. This LOIH Sr. is Carly McLellan (Med 3). Contact her for questions about Indigenous Health or ways to get involved in your community.

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

GAAC Sr. this year is Joseph Asaminew (Med 2). He 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. Our Wellness Representative is Jaspreet Bassi (Med 3).

### **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. This year, Andrew McDermid (Med 3) is in the position.

### **Honorary Senior Stick**

The Honorary Senior Stick is a faculty member chosen by the MMSA Executive Council. Who provides advice and guidance to the council where required. This year, Dr. Marcia Anderson holds the position.

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 a number of 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 a number of committees, including the Preclerkship 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 men/women. They are a part of the Preclerkship Curriculum Committee and the Preclerkship Student Evaluation Committee, so if you feel as though one or more of the questions

on an exam were completely uncalled for, then these are the people who 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 be receiving 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' starting lineups for intramurals on this campus. These people may organize pick-up games after class or on weekends and hopefully will create some unique events that your class can enjoy.

## **Children's Hospital Volunteer Reps**

The role of the two individuals elected to this position is to coordinate your class' volunteering at the Children's Hospital every couple of weeks. They also organize Reverse Trick-or-Treat, a big Halloween night where the class dresses up and gives candy to all the children staying at the Children's Hospital, who unfortunately cannot go door-to-door themselves. This event requires a fair bit of planning so we advise you start as soon as possible after you are elected. It is a really fun event, and greatly appreciated by both the children and the parents.

## **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.

## **Jacob Penner Park (JPP) Reps**

These individuals help run Jacob Penner Park, an after school drop in centre for local children. They are responsible for recruiting volunteers and planning events for JPP.

## **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, who you will elect this year. 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, which you will elect this year. 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.

## **RIG Reps**

The two individuals selected as RIG reps will act as a liaison between your class and the Office of Rural and Northern Health. They organize RIG trips throughout the year, and host speakers and lecturers on topics pertaining to rural and northern 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

You will be given access to a mailbox that will be yours for the next four years. The key for the mailbox will be given during registration. Important information regarding immunizations, OSCE marks and graded assignments may be placed in your mailbox, so make sure to check it semi-regularly.

### 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.

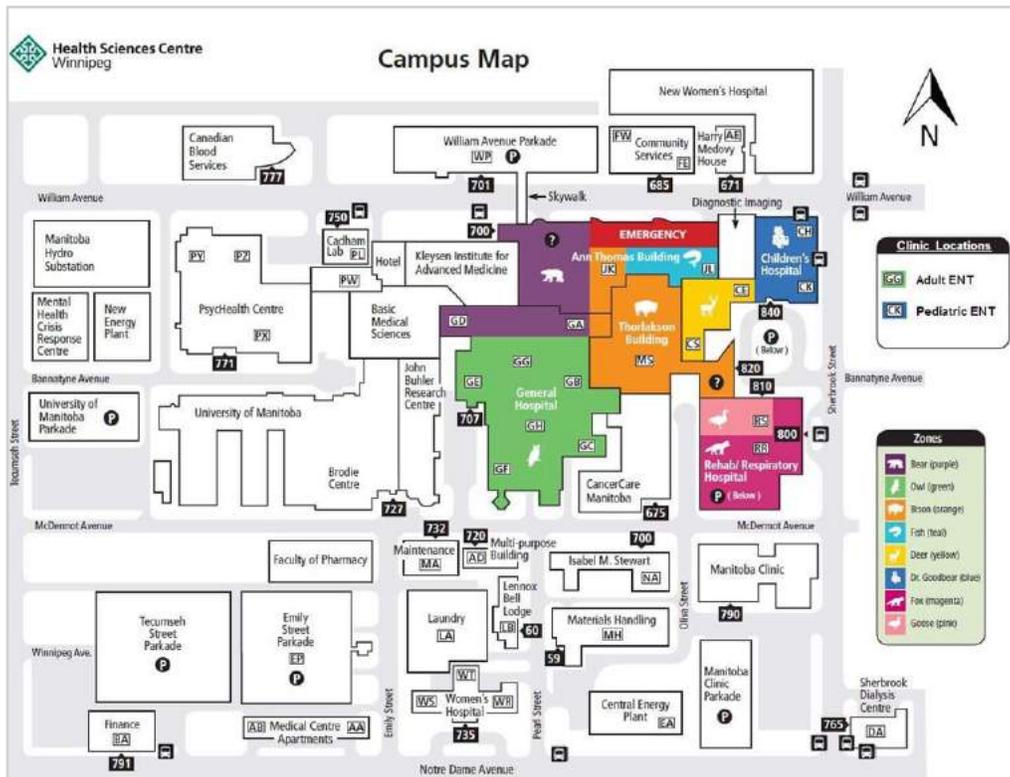
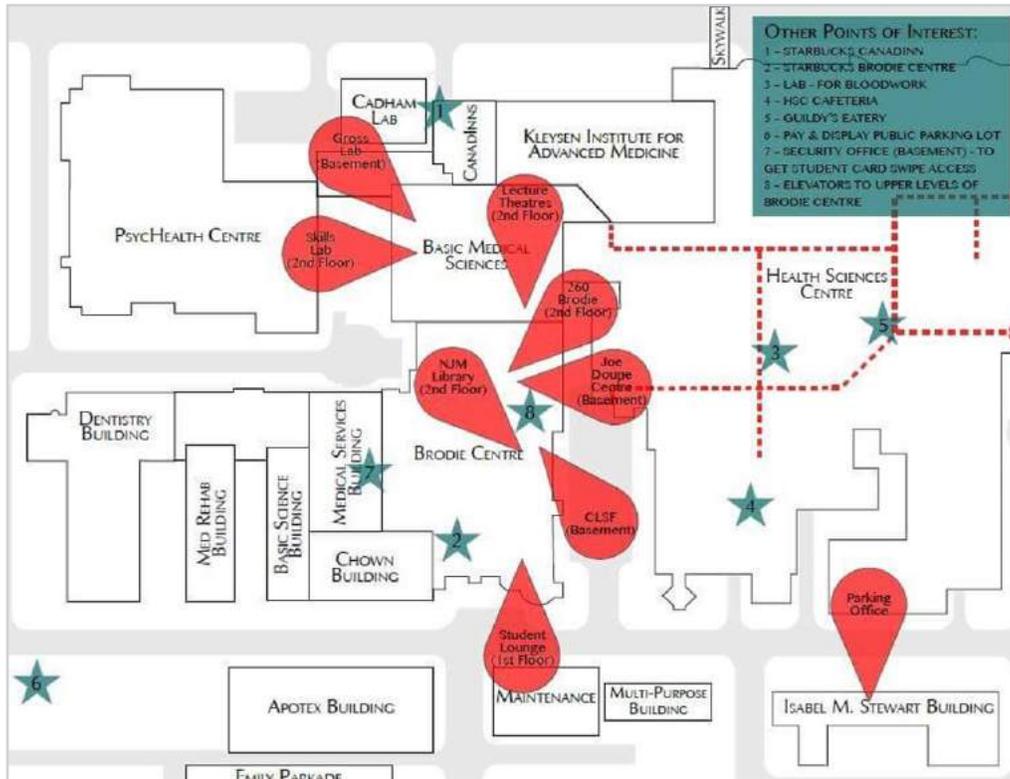
If you lose your locker key - speak to Anna Urbanik in UGME (there will be a fee to replace it!).

### 260 Brodie

This is probably 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, this bunch of friendly and energetic 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, [HERE](#).

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 individuals who sit at the IT desk at the front. They are here to help you troubleshoot, and sort out any issues you may have (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

For your photocopying and printing needs, cards can either be purchased in the library or you can put money onto your student card and use that. 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 is a popular hangout located on the first floor of Brodie. 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.



## Bookstore

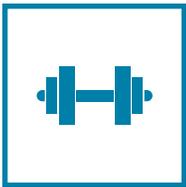
Located on the first floor of Brodie, the bookstore carries pretty much every book you will ever need during medical school, plus another 2000 other books that you may never need. You can also purchase clinical equipment, UofM merchandise, stationary, and much more!

### The regular hours for the bookstore are:

Monday-Friday: 9AM-5PM

Saturday-Sunday: Closed

They have extended store hours (8:30AM-5PM) in late August and early September during the back to school period.



## Joe Doupe Recreation Complex

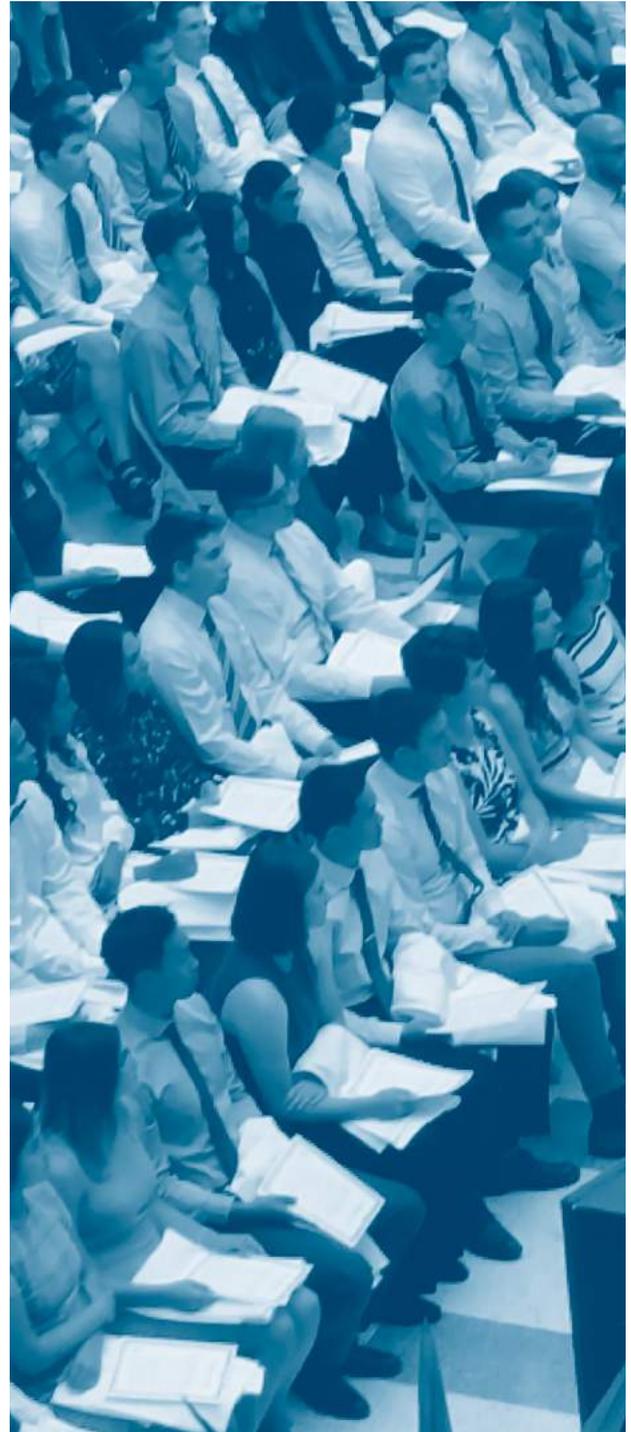
The gym facilities are located in the basement of the Brodie Centre. There is a gymnasium, as well as a workout facility. If you want to take a break during the day and toss around a ball, you can ask to borrow a ball at the front desk. Intramurals and other fitness programs take place regularly at the gym, and you can find that information here. Your Joe Doupe gym membership doubles as Frank Kennedy gym membership at the Fort Garry Campus of U of M, as well.

### The hours for the gym are:

Monday-Friday: 6AM-10PM

Saturday: 8AM-8PM

Sunday: Closed



# 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 located 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 789-3330.

## **Brodie Centre Entrance**

The main entrance to the Brodie Centre on McDermot Ave. will be locked from 8pm onwards. 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 474-9312 (Fort Garry Campus). It is a wise idea to request a safe walk if you are leaving on your own after dark. HSC security is at 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

## Housing



Many students choose to live close to the hospital for convenience. The med apartments are a popular, affordable choice literally a parking lot away from where classes are held. 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

[apartmentrentals@hsc.mb.ca](mailto:apartmentrentals@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 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. Rumour has it the waitlist is close to 2 years, so the sooner you get on the list the better. To do so 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 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:

- 01** 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.
- 02** Kijiji. Go on kijiji and search for nearby residents renting out their backlanes/garages/extra parking spots. This is usually the cheapest option, but generally requires a 5ish min walk to get to school.

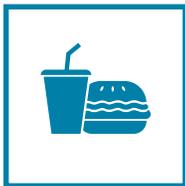
- 03** Check [mmsa.online](http://mmsa.online) and go on the bulletin board to check to see if any students on electives are renting out their pass. (usually in Emily or Tecumseh parkades \$109/month)
- 04** Street parking. Most of the parking at HSC is 4 hrs and metered. If you go on the south side 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 ~5min walk to campus)
- 05** After Hours parking: after 4:30pm you can park for free in E lot (right beside dentistry). All you have to do is go to the bookstore and ask them for an after-hours pass, its free! Just give your license plate and student number.
- 06** If you rent an apartment in the Med Apts., you will be guaranteed a parking space.

The fact of the matter is in the first couple years parking can be difficult and will 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 obviously a good choice if you live nearby. There is a locked courtyard bike compound located between the Chown and Old Basic Medical Sciences buildings. There is pretty decent bus service, and since the med 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 [www.winnipegtransit.com](http://www.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 Pita Pit, Tim Hortons, and Starbucks. There is also a Bronuts kiosk that operates in front of the bookstore!

There is a 24-hour Starbucks that is located in HSC, next to the Canad Inns reception. There is also 'L 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 Gully'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
- Beet Happening - 818 Notre Dame
- Subway - 653 William Ave



Construction will begin in the Brodie Atrium over the summer and continue into the fall as part of a major overhaul to food services on Bannatyne Campus. After the construction is complete, there will be a full service Tim Hortons, a Healthy Kitchen, a rotating restaurant from Manitoba, a Chop Shop with fresh veggies, salads and proteins and some other add-in stations such as BDI and Bronuts from time to time. We hope to see the doors open in late fall!

# Identification Cards



## University of Manitoba Student Card

At some point before school begins, you should visit the Neil John Maclean library front desk 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 a number of 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

Art Interest Group	Medical Entrepreneurship and Innovation Group
Anesthesia Interest Group	Student Interest Group in Neurology
Choosing Wisely	Obstetrics and Gynecology Interest Group
Dermatology Interest Group	Pediatrics Interest Group
Emergency Medicine Interest Group	Physiatrist and Sports Medicine Interest Group
Family Medicine Interest Group	Psychiatry Interest Group
French Interest Group	Public Health and Preventative Medicine Interest Group
Internal Medicine Interest Group	Radiology Interest Group
Lab Medicine and Pathology Interest Group	Rural Interest Group
Medicine Journal Club	Surgery Interest Group

## Global Health Interest Groups

Immigrant and Refugee Health Interest Group

Indigenous Health Promotion Group

LGBTQI\* Interest Group

There are also Local Officer positions under this portfolio, including:

- Local Officer of Global Health Education
- Local Officer of Sexual and Reproductive Health
- Local Exchange Officer
- Global Health Advocate

## Mentorship Groups

Black Medical Students' Interest Group

Christian Medical and Dental Society

Medical Women's Interest Group

Medical Students with Disabilities

LGBTQI\* Interest Group

## Advocacy

Student Advocacy Committee

# 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 start itching to get some exposure on the wards or in clinic from first year onwards. 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 specialities 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, which can be found [HERE](#).

## Mentorship

In what has quickly become a flagship, grassroots program, the Doctors Manitoba Mentorship Program can match you with an Attending Physicians 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, click [HERE](#).

## Summer Opportunities



Med 1 and Med 2 will virtually 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 "What to do with 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 both of your Med 1 and Med 2 summers. The end 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 first hand in the community near HSC.

## Research



You may choose to consider research during your preclerkship years in order to learn more about the process and types of research. These experiences often allow a student to garner research experience, collaborators, presentation experience (local and conference) and publication experience all of which can be added to your CV. These will be important in being more competitive in CaRMS, researching in residency (a requirement for most programs), and improving your ability to win awards (scholarships and grants) going forward. For 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.

Click [HERE](#) for more information.

## 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 the one term. Effective this year, the College has officially removed a cap on the number of research positions available - meaning you will get a Med II Summer Research position if you would like one! Click [HERE](#) for more information.

## 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. Click [HERE](#).

# 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 click [HERE](#) for more information! Doctors Manitoba's mission is simple: to serve the members of 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!

### Things Doctors Manitoba does for Students

**Doctors Manitoba Mentorship Program:** Sign up to meet regularly with a practicing physician and/or a resident in 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! Click [HERE](#).

**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 including Up-To-Date!

**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 also provides the 'Physician and Family Support Program' anytime (24/7) for confidential assistance on a variety of topics ranging from mental health concerns to help with child care: Call 844-4DOCSMB or 877-373-4763.

# 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](#).

To access your CFMS account you will need a website code. This year the code is 'MyCFMS\_2018'. If you have any trouble logging on, contact Fatemeh Bakhtiari.

## 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 a eye out for further opportunities in the CMA newsletter that will be sent regularly to your email account.

Take advantage of unique savings programs from the CMA, with discounts on car rentals, travel, hotels, cell phone plans, mobile software, fitness and leisure, and more [HERE](#).

## CPSM

College of Physicians and Surgeons of Manitoba

The medical profession in Manitoba is self-regulated, and physicians and the practice in general are constantly under review. 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 Coordinator

[maggie.eade@umanitoba.ca](mailto:maggie.eade@umanitoba.ca)



Contact for general questions about pre-clerkship, including curriculum management system, UM Learn, 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)

## Doctors Manitoba

Matt Maruca

[mmaruca@doctorsmanitoba.ca](mailto:mmaruca@doctorsmanitoba.ca)

## Doctors Manitoba Insurance Services

Mark Venton

[mventon@doctorsmanitoba.ca](mailto:mventon@doctorsmanitoba.ca)

Gord Brennan

[gbrennan@doctorsmanitoba.ca](mailto:gbrennan@doctorsmanitoba.ca)

## Student Affairs

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

Questions about exam deferrals or support services.

## Sarah Carriere

Electives Administrator

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

Questions about extracurricular shadowing, summer early exposures, pre-departure training

## Katherine Clark

Evaluation Administrator

[katherine.leung@umanitoba.ca](mailto:katherine.leung@umanitoba.ca)

Questions about exams (including OSCEs), policies, or timelines for grades

## Eliya Ichihashi

Course Administrator,

UGME Longitudinal Courses

[eliya.ichihashi@umanitoba.ca](mailto:eliya.ichihashi@umanitoba.ca)

Questions about assignment submissions for longitudinal courses.