

# ABOUT MEDICINE HAT COLLEGE

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## Learning Supports

Medicine Hat College is committed to the success of its learners and offers a number of supports to assist with academics and with adjustment to the college learning environment.

### Academic Advising • 403.529.3819 • [info@mhc.ab.ca](mailto:info@mhc.ab.ca)

Academic Advising is an interactive process where advisors provide students with professional and accurate information on course selection, policies and procedures and make referrals to student support services. Advising is a shared responsibility between the student and the college in which advisors proactively engage students and encourage them to become active and responsible participants in their educational journey. Knowledge gained through advising empowers students to make educated choices regarding their academic plans. Advising can be done in person, by e-mail or by telephone.

### Academic Coaching Services • 403.529.3819

Academic coaching is an interactive process focused on you and the skills required for student success. Together with an academic strategist, you can examine your learning style, habits of working, current goals and any difficulties or barriers to success. Exploring your strengths and challenges and developing the necessary skills for student success can help you reach your full academic potential. The academic strategist is available for confidential, one-to-one appointments and small group meetings. Workshops on a variety of topics and drop-in times in the Vera Bracken Library at the Student Success Centre are also available.

### Academic Resources Centre • 403.529.3896

The Academic Resources Center offers help in a number of areas that are key to success. These include how to take better notes, prepare term papers, write exams, cope with exam anxiety, and manage your time. Assistance is offered through mini courses (as advertised), peer tutoring, and one on one time with our centre tutors.

### Accessibility Services • 403.529.3824

Students who identify themselves as having disabilities can access supports such as tutors, scribes (note takers), isolated exam rooms, adaptive technology and materials (as available), accessible residence accommodation, and referrals to funding agencies. To ensure that arrangements are in place at the beginning of the semester, you are encouraged to contact the Accessibility Services Coordinator.

## Faculty

The Medicine Hat College faculty offers quality learning experiences in classroom, lab, field, practicum, clinical, and virtual settings. Regardless of their educational backgrounds -- though many are doctoral or master's prepared professionals -- our faculty are passionate about teaching and are professionals who offer students the expertise that comes with career experience in their various fields. In addition to providing quality instruction, faculty also enable students to access them for assistance, consultation, and discussion outside instructional contact hours.

### Library • 403.529.3867

The Vera Bracken Library at the Medicine Hat Campus and the Brooks Campus Library offer bright, comfortable spaces to work, study, or take a break. Our skilled library staff team will help you navigate thousands of books, ebooks, journal articles, magazines, videos, curriculum materials and more, both online and in print. We are happy to assist you in-person at the service desks, or by appointment, telephone, text message, online chat, or e-mail. Whether you need space for a group discussion or a carrel for quiet study, free wifi or access to desktop computers, laptops, and iPads, you can find it in the library.

### Writing Specialist • Vera Bracken Library

Writing support is available to guide students with their academic writing. Located in the Vera Bracken Library, the Writing Specialist provides practical writing support for written assignments, essays and research projects. Assistance with formatting, thesis development, grammar, punctuation, outlines, self-editing, and the writing process in general is also provided. Support is offered through one-on-one appointments, group sessions, drop-in, and workshops.

## Services and Facilities

### Bookstore • 403.529.3809

In addition to college textbooks, we carry a wide selection of stationery, electronic gadgets, drafting and art supplies, as well as giftware and leisure books. We also carry a variety of both MHC and Rattlers branded clothing.

September thru June our store hours are 8:00am - 4:00pm Monday-Friday. During July and August our hours are 9:30am - 2:30pm Monday-Friday. Stop by and visit The Bookstore located just inside the main doors across from the Security Desk.

### Bus Services

Medicine Hat City Transit provides regular bus service to the campus. For further information, check out the City of Medicine Hat transit website at [www.medicinehat.ca](http://www.medicinehat.ca).

### Cafeteria

Medicine Hat College cafeteria offers a variety of affordable menu choices. Our selections range from healthy salads from our salad bar, made to order wraps and sandwiches, hot entrée, food fresh off the grill as well as hot soups and pizza. Let us know if you have special dietary needs and we will do our best to accommodate you. Don't forget to check out our freshly baked muffins and pastries. We have daily specials from the grill and entrée corner as well. In a rush, check out our Grab N Go selection of sandwiches, salads, fruit and meals to go.

Need a coffee? Stop by the Common Grounds coffee shop and enjoy one of our many coffee choices, latte, espresso or a delicious flavored coffee. We also have a nice selection of teas, cold or hot. Stop by and relax with a fresh brewed cup, just visit with friends or to study, Common Grounds is the place to be.

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## **Counselling Services • 403.529.3819**

Counselling services are available Monday to Friday, for students who require additional support or referrals to community services while attending college. Services are free for students. Appointments are recommended and can be made by calling the number above. The counsellors reserve some emergency appointments during the week if an appointment as needed. If you know of a student who is at risk, you can refer them to counselling services through the Students at Risk Support system online, or by calling the number above.

## **Student Employment and Career Centre • 403.504.2208**

The Student Employment & Career Centre provides services geared to help Medicine Hat College students figure out their career pathway and obtain meaningful employment. Whether through career advising, interest inventories, resume and interview support, or through our annual Career Expo and Job Fair, the Student Employment & Career Centre serves as a valuable bridge between students and the careers that await them. The Student Employment & Career Centre staff work with hundreds of employers each academic year to highlight job opportunities and connect them with MHC students and graduates. Students and alumni are welcome to obtain services through one-on-one appointments, workshops, and email consultations. Located in the Centre Core, the Student Employment & Career Centre looks forward to assisting students with achieving their career-related goals.

## **Financial Aid Office • 403.504.3594**

The Student Financial Aid Office is able to provide you with information about student loans, grants and various funding options; assist you with student loan applications and processing; provide you information regarding scholarships, awards, and bursaries; and provide you with assistance and guidance when funding is delayed or insufficient.

## **Health and Dental Plan • 403.529.3925**

The Students' Association of Medicine Hat College provides an Extended Health and Dental Care Plan to member students. A mandatory fee for the Plan is assessed to all full time domestic students (International students are covered under GuardMe through the International office) during the registration process. To verify whether you are enrolled in the SAMHC Health & Dental Plan, check your fee statement and look for the "Student Association Health/Dental Fee" line items. You may opt out of the Plan if you provide proof of comparable coverage for an extended health and/or dental care benefits plan and complete the online waiver form before the opt out deadline. Please see the Fees section in the Calendar for further information. Students: print your prescription drug card, download claim forms & benefits guide booklets, and opt out online (deadlines apply) at [www.studentbenefits.ca](http://www.studentbenefits.ca)

## **Inclusive Post-Secondary Education • 403.504.3263 [inclusiveeducation@mhc.ab.ca](mailto:inclusiveeducation@mhc.ab.ca)**

Through the Inclusive Post-Secondary Education initiative, Medicine Hat College supports students with developmental disabilities to realize and achieve their educational and career goals.

Students with developmental disabilities can enrol in programs of study and attend college courses as auditing students. Instructors, students, classmates, and Inclusion Alberta facilitators

work together to create inclusive learning experiences in finding meaningful employment that reflects their career goals. Inclusive Post-Secondary Education is a collaboration between Inclusion Alberta and Medicine Hat College.

## **Interfaith Centre • 403.581.8199**

The Interfaith Centre is located in room F155 and is the home of the Chaplaincy at Medicine Hat College. The Chaplain works closely with students, staff, and faculty alike towards building a strong, resilient community on campus. The Interfaith Centre is a comfortable setting for conversations of all kinds, and soft place to land in times of difficulty; it's open to all and all are welcome. Check out the variety of programming in place or feel free to suggest something that would work for you and your spiritual needs. The Chaplain is available by e-mail at [chaplain@mhc.ab.ca](mailto:chaplain@mhc.ab.ca), and by phone or text at 403.581.8199.

## **International Education and Diversity Office • 403.504.3615**

The International Education and Diversity Office focuses on creates awareness of MHC programs among prospective international students, coordinates programs to support international students and facilitates international and intercultural learning opportunities for students, faculty and staff.

## **International Health & Dental Plan • 403.504.3615**

Guard.me health insurance is provided to international students wishing to study abroad and faculty and staff working abroad. International students in credit courses are automatically charged for the mandatory insurance upon registration of courses. Students must collect their health insurance card each semester from the International Education and Diversity Office. Information and claim forms regarding Guard.me health insurance can be found at the International Education and Diversity Office or at [www.guard.me](http://www.guard.me).

## **Medical Services**

Health Matters Clinic is now offering their service at Medicine Hat College to provide walk-in services to students and employees. Walk-in clinic services are available to MHC students and employees. Hours vary, so please check with the clinic.

## **Parking**

MHC enforces a year-round, pay parking policy for all vehicles parked on the Medicine Hat campus. The hours of enforcement are 7 a.m. to 5 p.m., Monday through Friday, excluding statutory holidays and days of college closure. Parking permits are available for purchase at the MHC Bookstore or from coin operated dispensers in various parking lot locations on campus (daily only). Disabled parking is available in designated locations. While the college strives to provide as many parking spaces as possible for faculty, staff, students and visitors, there are times when demand exceeds availability. Parking is on a first come, first served basis. During times of construction, maintenance and special events it may be necessary to reduce parking availability. Student Residence parking permits are not valid in parking lots on campus.

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## Peer Support Centre • 403.502.8992

Need a break? Need someone to listen or to talk to? The Peer Support Centre (PSC), part of the Students' Association of Medicine Hat College, is happy to provide confidential peer-to-peer assistance to students experiencing stress, relationship issues, loss, sexual health and/or drug or alcohol related issues.

For those seeking knowledge, the PSC also provides a wealth of printed and informal resources on all aspects of wellness. The PSC also runs a food bank where you can access a short-term supply of food and otherwise obtain assistance with food insecurity issues. Look for "Weekly Breadbaskets" where bread and other delicious baked goods are available to students outside of the Students' Association office – best of all, it's free!

## Residence • 403.529.3820

Your home at the Medicine Hat and Brooks College Residence is a comfortable, four bedroom, fully furnished unit. Each unit comes equipped with; internet, fridge, stove, freezer, microwave, washer, dryer, and vacuum. Bedrooms have an extra-long single bed, study desk, office chair, and closet with shelving. All you need to bring is your own dishes, pots, pans, cutlery, coffee pot, and toaster.

Our Medicine Hat College Residence offers a cozy Community Room for students to get together and hang out, watch movies, or cook in the newly renovated kitchen space.

## Sport and Wellness

### Alberta Sport Development Centre • 403.504.3547

The Alberta Sport Development Centre Southeast offers a variety of services and programs to emerging athletes within Medicine Hat and southeastern Alberta such as, the Athlete Enhancement Program (individual and team program), Performance Profiling and Winning Edge Seminars. The Alberta Sport Development Centre Southeast is part of the ASDC Network, a vital component towards building sport excellence in Alberta.

### Be Fit for Life Centre & Campus Wellness • 403.504.3548

The MHC Be Fit for Life Centre coordinates a variety of services for college students, employees, alumni and community. Fitness Services offered include body composition assessment, fitness evaluation, fitness consultation, exercise program design and occupational fitness testing. The Be Fit for Life Centre hosts the annual Rattler Run and delivers campus & community group fitness classes, wellness initiatives, presentations and certification courses including Alberta Fitness Leadership Certification courses and exams. The MHC Centre is one of a network of nine Be Fit for Life Centre's in Alberta, is a leader in promoting the development of physical literacy through PLAY Medicine Hat, and is a founding member of Moving & Choosing and Females in Action Moving and Empowering (FAME).

### Campus Recreation & Intramurals • 403.529.3834

Interested in intramurals? We offer a variety of fun and competitive sports for all levels. We encourage students and staff to register for volleyball, ball hockey, dodgeball, basketball and much more. Have something else in mind. Let us know.

## Rattlers

Medicine Hat College competes in the Alberta College Athletic Conference (ACAC). Men's and Women's teams compete in volleyball, basketball, soccer, futsal and golf. Scholarships are available to all student-athletes who play on a Rattlers team. Whether you are an athlete or not, you can come and cheer on the teams in our gym or on the soccer pitches free of charge.

## Fitness Centre • 403.529.3840

Our fitness centre (located in the G Wing) offers a large selection of cardio and weight equipment for all levels of users. Laundry and towel services are available, as well as lockers are available. Please see the equipment staff for details. Please visit the Fitness Centre for hours of operation of all our facilities.

## Lifestyle

### Campus Life

Campus Life Committee is a group of students, staff, and faculty dedicated to fostering a sense of community on campus through fun and congenial activities. These activities include Spirit Days; come out and wear your black and gold to support the Rattler Athletic teams. Sponsors decorating contests for Halloween and Christmas as well as the annual Beach the Blues event, which offers a much needed respite in the middle of winter. The committee also organizes the annual staff, faculty Christmas party and fun events that bring the college community together.

### Crave Pub

Crave is the pub that is owned and operated by the Students' Association. What this means is that all of the profits from Crave come back to the Students' Association, allowing us to help provide services to students here on campus. Crave hosts many different kinds of events, and is also a proud sponsor of the Rattlers Athletics program. Crave offers affordable menu items, with the student budget in mind, for pricing. We offer daily food and drink specials, and are conveniently located right here on campus, so stop in and shoot some pool, or watch one of our flat screen TVs. For your convenience we offer gift cards and take out orders, too. For a list of our upcoming events, and daily specials, follow us on Facebook and Twitter.

Hours of operation: Monday to Friday 11:00 am - 6:00 p.m. During event nights we have extended hours. Take-out phone number: 403.504.3540. Visit our website at SAMHC to see a copy of our menu at [www.samhc.ca](http://www.samhc.ca).

## Clubs and Organizations

### Clubs • 403.529.3925

If you are interested in forming a club on campus, you can obtain more information and the necessary forms from the SAMHC. Some examples of clubs are: SEUS (Science & Engineering Undergraduate Society), Social Work Students, BAS (Business Ambassador Students) and ENACTUS (Entrepreneurial). For a copy of the club package and list of active clubs please visit [www.samhc.ca](http://www.samhc.ca).

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## **Students' Association • 403.529.3925**

The Students' Association of Medicine Hat College (SAMHC) is the voice for all students on campus and in provincial forums. Representatives from the SAMHC sit on the General Academic Council and the Medicine Hat College Board of Governors.

Elections for the Executive Council of the SAMHC are held in March of each year and the Executive Council members hold their positions, which are paid, from May 1 until April 30 of each year. The Executive Council takes direction from the Students' Association Council, a chief decision making body comprised of six or more elected student representatives. The elections for positions on the Students' Association Council takes place in September. All students are welcome to attend the meetings of the Council, which take place monthly.

The SAMHC sponsors activities, provides a Student APP, (look for SAMHC in the App store or Google play store) and offers a number of services including photocopying, faxing, and locker rentals. The SAMHC office is located in the F-wing in room F113 (across from Crave Pub) and the office is open weekdays until 4 p.m.

## **International Opportunities • 403.504.3615**

The global community is a vital part of Medicine Hat College. The College's international activity is guided by the philosophy that education and learning is greatly enhanced by an understanding of different cultures, languages and peoples. By incorporating a global focus in its programming, serving a diverse range of Canadian and international students, and providing opportunities for work and study abroad, the College aims to provide all learners with opportunities to develop the skills and attitudes required to function successfully in an interconnected global society, world, and economy. Medicine Hat College has a strong commitment to prepare students for the workplace of increasing cultural diversity and encourages students to participate in education programs abroad and on campus. International Education and Diversity offers several opportunities for students interested in gaining international or intercultural experience.

### **Faculty-led Study Abroad**

This option is initiated by a faculty member to complete a program or course component in an international location.

### **Summer Study Abroad**

Medicine Hat College partners open their campus to students who are looking to travel abroad for the summer and study for a short period, normally from 3-7 weeks.

### **Semester Exchange**

Through an exchange agreement with a partner university or college, each institution allows selected full-time Canadian students in good academic standing to enroll at a partner institution for one or two semesters.

### **International Education Ambassador Program**

International Education Ambassadors work closely with the International Education and Diversity Office to support international education activities and programs at Medicine Hat College. Ambassadors participate in a variety of events and activities related to the transition of international students to MHC and promotion of cultural awareness and global experiences.

## **International Degree Completion**

Medicine Hat College is proud to facilitate relationships with international universities and colleges that offer Medicine Hat College diploma graduates the opportunity to earn an International degree. This program enables Medicine Hat College diploma to international partner institutions for credit towards a four year bachelor degree.

## **International and Other Opportunities**

The International Education and Diversity Office will work with students, courses and programs to facilitate international learning opportunities of value.