

THE MET SCHOOL IS HIGH SCHOOL DONE DIFFERENTLY.

Students at Seven Oaks School Division's three Met schools participate in interest-driven learning that connects curriculum with student passions and the real world.

We follow a *one student at a time* philosophy, which assumes that students learn best when actively participating in their own education and doing something they are passionate about. Met students earn all their required academic credits while at the same time tailoring their studies to what they're most interested in – whether that interest lies within mechanics, medicine or music.

This involves students spending two days a week immersed in hands-on learning, conducting informational interviews, attending shadow days and interning with mentors. Students gain valuable workplace experience, learn in professional situations and gain a realistic appreciation of what to expect if they pursue a career in a particular field.

Mentorships create genuine relationships, which instill work ethic and demonstrate what it means to be a contributing member of society.

WITH YOUR HELP, OUR STUDENTS WILL BE BETTER EQUIPPED TO ENTER YOUR WORLD.



MENTORSHIP MATTERS



EXPERTISE, OUT IN THE WORLD.

Our focus on real work in a professional setting gives student learning a context and depth.

Mentors are living examples of the careers our students are thinking of pursuing. They are experts in their fields and can give real, practical advice.

Put simply, some things just can't be taught inside a classroom. And that's where you come in.

Whether you have tips and tricks on your specific job, advice on educational paths that could lead to your industry or simply have insight on professional dress and speech in the workplace, an opportunity exists for you to work with the Met.

We currently welcome mentors in three areas: informational interviews, shadow days and internships.

Informational Interviews

As students explore their interests, they invariably want to learn more about careers, professions, businesses and industries.

Our students will reach out to individuals and organizations they see as potential career contacts with informational interview requests.

These 30-minute interviews allow our students to ask about your business or organization and learn about your profession, training, and background as well as what you do on a day-to-day basis.



Shadow Days

Often the best way to learn about a workplace is to spend a day on the job.

Shadow days bring students into your workplace for typically a one-time visit (approximately 4-6 hours) to experience a typical day with you and your colleagues.

This offers a great opportunity to get to know our students and determine whether you would be interested in becoming their mentor through an internship.

Internships

Met student interns are typically matched one-on-one with mentors and spend two days a week on-site conducting special projects and providing assistance to their mentors and staff as needed.

At the onset of an internship, you, your intern and their advisor will meet to discuss goals and objectives for the internship, schedules, expectations and a greater internship project that the student will complete to earn credits for their experience.

You will have regular contact with your intern's advisor throughout the internship, particularly regarding their internship project. Most importantly, you will have an impact on your intern's life and will also help cultivate the next generation of professionals.

Interested in learning more?

Exchange Met School

Principal: Jane Suchy
321 McDermot Ave.
Winnipeg, Manitoba R3A 0A3
(204) 589-9854
mcat@7oaks.org
www.7oaks.org/school/exchangemet

Maples Met School

Principal: Marshall Mays
234-1330 Jefferson Ave.
Winnipeg, Manitoba R2P 1L3
(204) 632-6641
maplesmet@7oaks.org
www.7oaks.org/school/maplesmet

Seven Oaks Met School

Principal: Nancy Janelle
640 Jefferson Ave.
Winnipeg, Manitoba R2V 0P2
(204) 336-5050
metschool@7oaks.org
www.7oaks.org/school/themet