

YOU DON'T HAVE TO BE A STUDENT TO **GET INVOLVED IN THE MET SCHOOL.**

Contact us to learn how you can get involved:

Exchange Met School

321 McDermot Ave.

Winnipeg, Manitoba R3A 0A3

(204) 589-9854

exmet@7oaks.org

<https://www.7oaks.org/exchangemet>

Maples Met School

234-1330 Jefferson Ave.

Winnipeg, Manitoba R2P 1L3

(204) 632-6641

maplesmet@7oaks.org

<https://www.7oaks.org/maplesmet>

Seven Oaks Met School

640 Jefferson Ave.

Winnipeg, Manitoba R2V 0P2

(204) 336-5050

metschool@7oaks.org

<https://www.7oaks.org/somet>

WE ARE ALWAYS LOOKING FOR VOLUNTEERS FOR MENTORSHIP, SHADOW DAYS AND INTERVIEWS... **AND MUCH, MUCH MORE!**



THE MET SCHOOL **DIFFERENCE**



HIGH SCHOOL, DONE DIFFERENTLY.

High school, done differently is a reality for students at Seven Oaks School Division's three Met Schools.

These interest-driven high schools connect curriculum-based learning and student passions with the real world.

Our students earn all required credits while participating in hands-on learning, tailoring their work to the areas of study they're most interested in – whether that interest lies within mechanics, medicine or music.

We follow the Big Picture Learning Network's one student at a time philosophy, which assumes students learn best when actively participating in their own education and doing something they are passionate about.

The Met School is a Manitoba High School Diploma program. We follow provincial curriculum just like other high schools and students earn credits for approved courses and graduation requirements.

THE DIFFERENCE IS THAT
OUR SCHOOLS CHALLENGE
STUDENTS ACADEMICALLY
**WHILE EXTENDING
LEARNING INTO THE
REAL WORLD.**



What sets the Met apart?

On Monday, Wednesday and Friday – Met School Academic Days – students take part in classes, curriculum workshops, field trips and assignments, just like their more traditional student counterparts. But in addition, they also take part in independent study and inquiry-based research projects.

These days develop skill and competence in the curricular areas: math, physical education, language arts and advanced sciences. Students write the provincial English and Math Standards Exams and receive awards of distinction for exceptional work.

On Tuesday and Thursday, students participate in unique real-world experiences in workplaces that relate to their fluid career goals. These internship days allow students to hone their pre-employment skills like resume development and interview techniques and then help them explore a variety of interests by working alongside real-world mentors.

OUR PROGRAMMING HELPS
KEEP STUDENTS INSPIRED,
ACCOUNTABLE AND
**CONSTANTLY STRIVING TO
REACH THEIR PERSONAL
AND CAREER GOALS.**