

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**



MET SCHOOL  
SEVEN OAKS SCHOOL DIVISION



Maples Met School



EXCHANGE  
MET SCHOOL  
SEVEN OAKS SCHOOL DIVISION



# 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.**