

JOINING THE MET

Want to study at the Met School? Applications are open to any Seven Oaks School Division student entering Grades 9-12... but we do take our time to make sure the Met is the right fit for you.

Here are the steps:

1. Come to our open house in February and/or schedule a one-on-one appointment with your family to come and visit the school.
2. Complete the application form due in early March (school specific).
3. Include both a student and a parent letter about why you want to come to the Met.
4. Submit a piece of work that is the best thing you've ever made, created or performed.

Visit www.7oaks.org/met-school for more information and to download an application.

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>

THE FINE PRINT FOR PARENTS

Choosing a high school is an important decision. We've assembled some facts to help guide your discussions.

- Our Seven Oaks Met School opened out of Collège Garden City Collegiate in September 2009 with the goal to engage students in learning through both creative and challenging academic work and real-world opportunities.
- The second Met location opened at Maples Collegiate in September 2016 - the Maples Met.
- Our third location, Exchange Met School, opened in the Exchange District in 2021.
- As of 2026, there were approx. 350 students enrolled in the three Met Schools and growing.
- Some Met students can take band and choir from their respective partner high schools. They are also able to participate in sports and extracurricular activities.
- The Met Schools have social justice clubs, GSAs, debate clubs, student government and sustainable development coalitions.
- Students start in the Met School by exploring their interests, examining career connections and doing research on the industries in our cities. They develop resumes, work on interview skills and arrange to interview people in their fields of interest to build understanding of their future plans before securing an internship.
- Students graduate with a Manitoba Diploma and the same core credits as their peers in traditional high schools.

Choosing a high school is an important decision – one we don't take lightly. Please contact us to set up an informational session to learn more about the Met School experience.



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.

That 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-situ and gain a realistic appreciation of what to expect if they pursue a career in a particular field.

Students also work throughout the year on inquiry-based research projects they present to their parents and communities at semesters' conclusion. They select projects based on their own interests and conduct research through workshops, independent study, field trips, informational interviews and their internship experiences.

At the end of any given school year, students have completed their required curriculum credits and also have experience in the professional world.

IS THE MET FOR ME?

Our Met Schools are designed for students looking to challenge themselves academically while extending their learning into the real world.

Met students are typically:

- Curious
- Motivated
- Enthusiastic
- Independent
- Organized
- Creative

You should be at ease with increased parent involvement and the accountability and responsibility the program requires. You should also be willing to work independently and to develop the skills necessary to manage a complex school experience that includes placements in the community.

The Met is not easier than a more traditional high school program... it simply provides a tailored experience for each student, one at a time.

WHAT SETS THE MET APART?

As you can imagine, we get asked this question a lot. Met School students graduate with a regular high school diploma like every other student in Manitoba. They also experience many extras unique to the Met.

- Many unique internship opportunities from Grade 9-12
- Opportunities for in-depth career exploration
- Firsthand experience with job interviews
- Resume building
- Networking with potential employers in your field of interest
- The possibility of part- or full-time employment
- Strong relationships with your advisory and mentors
- Four years with the same advisor
- Independent inquiry-based projects
- A clear sense of focus for post-secondary learning
- Opportunities to apply for all major scholarships

ADVISORY

All Met students enter into an advisory – a group of peers and one teacher – at the start of their experience and stay with the same group through graduation.

We implement a maximum of 15 students per advisory and aim to make each group a safe, fun and supportive community filled with appreciation and respect for differences, strengths and challenges.

Students are expected to be friendly, kind and helpful towards each other as they share in an amazing and unique high school experience.



ACADEMICS

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.

On Monday, Wednesday and Friday – Met School Academic Days – students take part in:

- Classes
- Curriculum workshops
- Independent study
- Inquiry-based research projects
- Field trips
- Assignments

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 are acknowledged at an annual awards night.

Students graduate with a Manitoba Diploma and standard transcript, leaving them eligible for all scholarships and with the added benefit of real-world skills and experiences.

INTERNSHIPS

Real expertise is out in the real world ... that's why our students spend Tuesdays and Thursdays – Internship Days – exploring a variety of interests and working alongside real-world mentors.

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

To start the internship process, students develop resumes, do research on their interests and learn about careers and fields of study. They then – alongside their advisor – interview experts in the field and evaluate what internship placements may be a good fit for them.

Once placed, students design projects with their advisors and mentors to build personal qualities and academic skills and also to explore their passions.