

Help Guide for filling out the MOT Northern and Rural Cohort Application Form & the Northern and Rural Lived Experiences Form

Please complete the Northern and Rural Cohort Application only if you are interested in applying for the UBC MOT Northern and Rural Cohort. If you are not interested, do not fill out these forms, and do not submit them. **It is important to note that applying for the MOT Northern and Rural Cohort in no way advantages or disadvantages you as to whether you will gain entrance to the MOT program.**

Document 1: Northern and Rural Lived Experiences Form

On this form, list where you have lived from birth until present. We will only evaluate Canadian locations, but to help us get a more completed picture of your lived experiences in rural settings, please include **all** the places you've lived, even if they were outside of Canada or were not rural. Please do not enter places you have lived for less than three months.

Start with the place you were born. Indicate the country and enter the city and province/state. The start date for Age 0-4 is your date of birth.

- If you were still living in the same town when you turned five, the end date is the day before your fifth birthday
- If you moved to a new place one time before you turned five, the end date is the last day you lived in your town of birth. Then you would create a new entry for the new town (age is still Age 0-4 (Pre-School), with a start date of the day you moved to the new town. The end date for this entry would be the day before your fifth birthday.

Fill out the other ages in a similar manner. When you start filling out Age 5-12 (Elementary School), the start date will be your fifth birthday. The end date for this age will be the day before your 13th birthday. You might have more than one entry per age, depending on how many places you've lived.

Please remember to fill out the ages according to the actual ages listed, not according to how old you were in pre-school, elementary school etc. Use the first and last dates of the month if you are not sure about the exact date.

Here are some examples:

Example A	Location	Start Date	End Date
Age 0-4 (Birth to Pre-School)	Hong Kong	10/1/1982	9/30/1987
Age 5-12	Hong Kong	10/1/1987	7/15/1993
	Vancouver, BC	7/16/1993	9/30/1995
Age 13-17 (Secondary School)	Vancouver, BC	10/1/1995	9/30/2000
Age 18+ (Post Secondary)	Vancouver, BC	10/1/2000	4/30/2001
	Smithers, BC	5/1/2001	8/31/2001

	Vancouver, BC	9/1/2001	4/30/2002
	Valemont, BC	5/1/2002	8/31/2003
	Vancouver, BC	9/1/2003	4/30/2004
	San Francisco, CA	5/1/2004	8/31/2004
	Vancouver, CA	9/1/2004	6/30/2005
	San Francisco, CA	7/1/2005	5/15/2008
	Vancouver, BC	5/16/2009	6/1/2011

Example B	Location	Start Date	End Date
Age 0-4 (Birth to Pre-School)	Bella Coola, BC	1/1/1987	12/31/1991
Age 5-12 (Elementary School)	Bella Coola, BC	1/1/1992	12/31/1999
Age 13 – 17 (Secondary School)	Bella Coola, BC	1/1/2001	8/31/2005
	Prince George, BC	9/1/2005	12/31/2005
Age 18+ (Post-Secondary)	Prince George, BC	1/1/2006	4/30/2006
	Bella Coola, BC	5/1/2006	8/31/2006
	Prince George, BC	9/1/2006	4/30/2007
	Bella Coola, BC	5/1/2007	8/31/2007
	Prince George, BC	9/1/2007	4/30/2008
	Bella Coola, BC	5/1/2008	8/31/2008
	Prince George, BC	9/1/2008	4/30/2009
	Bella Coola, BC	5/1/2009	6/1/2011

Family members are acceptable contacts from ages 0-17 and for post-secondary education. For post-secondary employment or other experiences, however, please list an employer or other person who can confirm the dates of your residence in the location.

Document 2: Northern and Rural Cohort Application Form:

Complete each of the questions in the text boxes provided to a maximum of 250 words.

Please note: MOT NRC applicants are expected to complete the general 250 word written response in addition to the questions asked in the Northern and Rural Cohort Application Form.

Thank you.