

STUbook 2026

This Experience *Belongs to*

Your name here



St. Thomas
UNIVERSITY



1910

the year STU was founded

25+

academic disciplines

99%

of faculty hold the highest degree in their fields

23

average class size; maximum 60

100+

different scholarships, bursaries, and awards

7/10

first-year students receive financial support

5

minute walk from building to building, class to class, residence to dining hall

NEW PROGRAMS *AT STU*



Bachelor of Arts (Aviation Stream)

The program combines traditional undergraduate education with ground and flight training and is one of few programs in the country.



Business and Social Entrepreneurship

An interdisciplinary program that emphasizes business with a purpose, Business and Social Entrepreneurship combines business fundamentals with practical skills to promote social wellbeing and sustainability.



Sustainability and Environmental Studies

Study economic, environmental, and social systems to push beyond analysis toward reimagining a sustainable future.

For a full list of academic programs, *see page 14*

Unique in Canada

For more than 115 years, STU has provided students a personalized experience that is truly unique in Canada. We know that empowering students to discover their interests — and themselves — through a well-rounded liberal arts education allows them to succeed not only as students but as global citizens.

Personalized Education *Personalized Outcomes*

Explore new and existing interests from different perspectives, while developing transferable skills, professional experiences, and a network that will help you put your learning into action in a rewarding career.

WELCOME TO ST. THOMAS UNIVERSITY

This Experience Belongs to YOU

The best way to prepare for a **career** that is both personally and professionally rewarding is to **personalize your path to it**. That starts now.

Your university experience should reflect ***your academic interests and professional goals***. There are endless opportunities waiting for you here to help you discover and pursue your chosen career path.



Loving what you learn
is a great step toward
loving what you do.

At STU, we'll help you do just that — create a personalized university experience — through unique academic programs, engaging clubs and student groups, once-in-a-lifetime travel opportunities, internships, mentorship, friendship, and more.

Our Commitments to STUdents



Teaching Excellence: A Supportive and Empowering Classroom Experience

- Approachable and available professors.
- Inclusive and collaborative learning.



Future Ready: Preparation for a Changing World

- Experiences that empower you to make a difference in your career and community.
- Critical skills for lifelong learning and an evolving job market.



Engaging Experiences: Opportunities to Grow

- Experiential learning programs from internships to service learning.
- Clubs, societies, athletics, university-wide events and community initiatives.



Inspiring Contributions: Impactful Faculty Research and Societal Engagement

- Opportunities to engage in professional research with faculty.
- Research that produces positive change in communities.



Supportive Community for All: Student-Centred Approach

- Faculty and staff committed to student success.
- Community-wide commitment to celebrating diversity in all forms and helping each student reach their potential.



Teaching Quality

Satisfaction with teaching quality at STU is significantly higher than the Canadian university average (CUSC FY 2022).

THE VERSATILITY OF A STU DEGREE IN THE WORKFORCE

A degree from STU can take you anywhere you want to go next. The versatility of the STU experience is the reason our alumni say they're able to successfully navigate a rapidly evolving workforce.

The World Economic Forum's Top Skills for Jobs of Tomorrow (skills earned through a STU degree)

- Analytical Thinking and Innovation
- Active Learning
- Complex Problem Solving
- Self-Management
- Creativity, Originality, and Initiative
- Leadership and Social Influence

What skills do *you hope to develop* in pursuit of your career?

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Top Sectors for STU Alumni on LinkedIn

- Provincial and Federal Government
- Post-Secondary Education
- Provincial Health Networks/Authorities
- K-12 Education (Teaching and Administration)
- Community and Social Services
- Business Development
- Human Resources
- Information Technology

Top Skills Reported by STU Alumni on LinkedIn

- Leadership
- Communication
- Public Speaking
- Research Skills
- Project Management

WHAT SOME RECENT GRADS ARE DOING NOW



Lawyer



Entrepreneur/CEO



Sustainability Coordinator



Pilot and Senior Officer



Political Advisor



Anti-Racist Project and Policy Development Coordinator



Behaviour Analyst



Canada-US Advocacy Strategist



Clinical Social Worker



Crime Prevention Consultant



Director of Marketing and Communications



Investigative Reporter



Media Producer



Medical Doctor



Occupational Therapist



Population Growth and Immigration Specialist



Recreational Therapist



Speech Language Pathologist



Theatre School Director

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What do *you* want to become?

Professional Programs

- Art Therapy
 - Business/Economics
 - Counselling
 - Education
 - Law
 - Medicine
- Occupational Therapy
 - Public Relations
 - Social Work
 - Speech Language Pathology
 - Theatre

Graduate School

- Dartmouth College
 - Harvard University
 - London School of Economics
 - National Theatre School
- Oxford University
 - University of Chicago
 - University of Toronto

TAKE IT
FROM OUR ALUMNI



Program Officer, Immigration,
Government of New Brunswick
Fredericton, NB
Pablo Costa, BA'23, French

“A liberal arts education is a key that *unlocks many doors*. These things will stay with you: your critical thinking and writing skills, your global perspective — these are *the skills employers look for*.”



Bahamian Diplomat
Washington DC-Baltimore Area
Mikhail Bullard, BA'10, Criminology and Criminal
Justice and Political Economy

“At STU, learning is not dictated; it’s an interactive experience. By training students in the tenets of a liberal arts education, *STU helps us to become both good academics and good citizens*. In my work, I realized that while we move on, STU never really leaves us.”



Business Development Officer at Ignite
Fredericton, NB
Andrea Escobar, BA'23, Political Science

“STU cultivates critical thinkers and problem solvers, encouraging students to take risks, explore new ideas and build meaningful relationships. My degree not only deepened my *knowledge* but also provided *experiences* that shaped my career and personal growth.”



Documentation and Localization Specialist
Vienna, Austria
Taylor Dube, BA'16, Psychology and Sociology

“I think back on my time at STU with profound gratitude — not only did I receive a top-notch education, but I also had the opportunity to fully engage in the community. *STU provided me with a well-rounded education* and transferable skills that enabled me to apply what I learned in diverse environments.”



Hear more about our alumni
by following us on LinkedIn

in [STU.ca/linkedin](https://www.stu.ca/linkedin)



Teacher and Author of Mi'kmaq Alphabet Book
Elsipogtog First Nation
Shyla Augustine, BA'20, BEd'21, English Language and
Literature and Native Studies

“My professors were understanding and knew I really wanted to learn. *STU really changed my life*. My goal is to work at schools within my community to help bring language and cultural-based lessons back into our education.”



Junior Policy Analyst for Public Safety Canada
Gatineau, QC
Maurice Bosse, BA'23, Communications and
Public Policy

“STU has not only equipped me with knowledge and skills, but it has also nurtured *my personal growth*. I am confident in my ability to navigate the challenges and seize the opportunities that lie ahead.”



Lawyer
Vancouver, BC
Emma Walsh, BA'19, Human Rights and
Political Science

“My education at STU set me up for success in everything since graduation. Moot Court and taking classes at *STU helped me develop the necessary skillset for the legal profession*, like strong writing and synthesis skills.”



Masters Student at the University of Oxford
Oxford, UK
Elize Davila, BA'24, English Language and Literature
and Catholic Studies

“Because of my *undergraduate experiences* in the classroom, I’m comfortable and confident to *engage with my peers* at Oxford. STU professors encourage their students to believe in their abilities.”



Policing and Justice Policy Officer
Dublin, Ireland
Emily Williams, BA'19, Human Rights and
Criminology and Criminal Justice

“My liberal arts education equipped me with the skills to succeed in working in a variety of environments, including *effective communication, comprehensive research and writing skills, and teamwork*.”

What careers do *you think would be interesting?*

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THE PATH TO
YOUR CAREER
BEGINS HERE

Find opportunities that will help you lay the foundation for *a successful and rewarding career* after graduation.

Supports related to career development are available to all students in all years of study.



Career Development Office



Student job search strategies



Interview preparation and networking



Resume and cover letter writing



Career fair

Build Your Resume
One Experience at a Time

Opportunities to complement in-class learning with real-world experiences is integral to a STU education. Learn how your degree translates into the workforce while building a strong professional network.

Internships

STU's Paid Internship Program pairs academic studies with paid professional work experiences relating to your academic and career interests. This hands-on experience will bolster your resume and expand your network.

Indigenous Experiential Learning

- Cultural learning workshops
- Paid internships with Indigenous-led organizations
- Entrepreneurial programs
- Leadership events



More than 40 Partner Organizations
for Personalized Internship
Opportunities

- Atlantic Human Rights Centre
- Beaverbrook Art Gallery
- Big Brothers, Big Sisters
- Canadian Mental Health Association
- Internment Camp Museum
- Fredericton Chamber of Commerce
- Hayes Urban Teaching Farm
- Habitat for Humanity
- Government of New Brunswick
- Immigration Fredericton
- John Howard Society
- Multicultural Association of Fredericton
- Nature Trust of New Brunswick
- Opal Family Services
- Rising Tides Healing Centre
- Charlotte Street Arts Centre
- Stiletto Consulting
- United for Literacy
- York Care Centre
- and more!



Internship with the Consciously Clean Refillery
Fredericton, NB
Stephanie Gagnon, fourth-year STUdent, Communications and Public Policy and Digital Media and Creative Arts

“This internship really complemented my studies. It allowed me to have some *hands-on experience* and insight into what my future career could look like.”

What would *your dream internship* be? Name some companies, organizations or fields of work you think would make for an interesting internship

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GETTING *WORK-READY*

Sample Career Tracks

Here are just a few ways you can build your STU experience toward future career goals.



Law

Academics: Take courses in almost any field to nurture your ability to think and argue logically. Many law-bound STUdents choose courses in Criminology and Criminal Justice, Human Rights, Philosophy, Law, Politics, and Society, Great Books, and Native Studies — among others.

Academics Plus: Choose courses with public speaking components to ensure you're building your confidence and skills. In Moot Court classes, you engage in a simulated courtroom setting. In Model UN, you represent a country's interest at a simulated UN conference.

Experiential Learning: Complete an internship in which you work on research, policy, advocacy, and public speaking.

Extra: Don't forget to connect with STU's Pre-Law Advisor.



Lawyer
Toronto, ON
Husoni Raymond, BA'20,
Communications and Public Policy
and Criminology and Criminal Justice



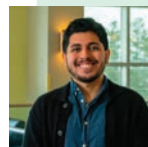
Business and Entrepreneurship

Academics: Business-oriented STUdents often take courses in Business and Social Entrepreneurship, Communications and Public Policy, Economics, Languages, International Relations, Journalism, and others.

Academics Plus: Take courses with hands-on elements — Introduction to Business (Business), Labour Relations and Collective Bargaining (Business), Economics and Government (Economics), Community-Based Internship (International Relations), Public Policy and the Media (Communications and Public Policy).

Experiential Learning: STU's Office of Experiential Learning partners with many organizations — from start-ups to larger businesses — to offer internships and professional networking.

Extra: Complete STU's Certificate in Experiential Learning to show how you used practical elements to enhance academic experience.



**Marketing and Communications
Coordinator at Ignite**
Fredericton, NB
Reinaldo Cascante, BA'23,
Communications and Public Policy
and Sociology



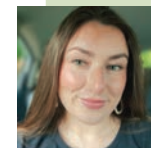
Health

Academics: Take courses from Gerontology, Human Rights, Psychology, Sociology, Women's Studies and Gender Studies, and more.

Academics Plus: STU has research centres focused on health which host events throughout the year to supplement classroom learning. Health related research by STU faculty is also an area of opportunity — become a research assistant to get hands-on experience of your own.

Experiential Learning: Internships with health care organizations, long-term care facilities, and local shelters are a great way to add professional health care experience to your resume. On-campus volunteer and work opportunities are also a fantastic way to start working with people.

Extra: Graduates who pursued careers in health previously interned or worked with organizations including AIDS New Brunswick, Hospice Fredericton, New Brunswick Lung Association, and York Care Centre.



Recreation Manager at Stonemont Retirement Living
Ottawa, ON
Rebecca Pippy, BA'23, Gerontology and Psychology



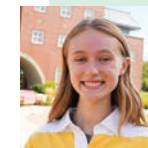
Sustainability and Environmental Work

Academics: Sustainability and Environmental Studies reflects the challenges and opportunities of working toward a sustainable future. Take courses that help you understand the unsustainability of current systems and the urgency of adopting sustainable systems.

Academics Plus: Study sustainability from new perspectives — Journalism allows you to cover environmental issues, Communications and Public Policy enables you to review policies impacting sustainability transitions, and Native Studies courses help you better understand our relationship with the land.

Experiential Learning: STU's Internship Program allows for the opportunity to work with organizations such as the Nature Trust of New Brunswick, Hayes Urban Teaching Farm, and Consciously Clean Refillery.

Extra: Join STU Sustainability, a student group that acts as a voice for students to advocate for sustainability on and off campus.



**Campaigns Officer, Oxfordshire
Livable Streets**
Oxford, UK
Emily Green, BA'23, Human Rights
and Environment and Society

List *your favourite classes, extracurricular activities, or hobbies* to see where your interests might take you





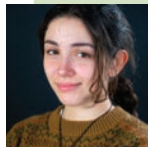
Journalism and Digital Media

Academics: Our Departments of Journalism and Communications and Public Policy have a track record of producing work-ready graduates who excel in media-related fields because they focus on good writing, reliable research, and mastering the tools needed to tell important stories. Our major in Digital Media and Creative Arts will provide you with diverse knowledge and skills to excel in a career in this field.

Academics Plus: Take courses that require you to get out into the community to cover news and events. Also seek out courses with technical aspects to ensure you are learning how to use the tools for a media-focused career.

Experiential Learning: Many of our partner organizations will hire STU students as communications, marketing, digital, and social media interns. Earn a Certificate in Digital and Media Literacy with your degree for evidence of hands-on learning.

Extra: Improve your interviewing and writing skills by working for *The Aquinian*, the student-run news outlet on campus.



**Journalist, 2024 Donaldson
CBC Scholar**
Halifax, NS
Giuliana Grillo de Lambarri, BA'24,
Journalism and Political Science



Community and Governmental Affairs

Academics: You can learn about how local and global organizations operate by studying History, Political Science, International Relations, Communications and Public Policy, and Law, Politics and Society — among other fields.

Academics Plus: Every department at STU sheds light on an aspect of society that requires thought, care, and action. Study what you're passionate about to carve out an area of interest for yourself.

Experiential Learning: Consider interning with a governmental organization or NGO to see how they serve local communities.

Extra: The Students' Union, Enactus, Global Brigades and Model UN all offer opportunities to learn how organizations work. As STU is in the provincial capital, students have additional opportunities such as the New Brunswick Legislative Internship Program.



**Communications and Marketing
Officer, City of Fredericton**
Fredericton, NB
Isabella Mehlitz, BA'23,
Communications and Public Policy



Education

Academics: Focus on “teachable” subjects, such as English, French, History, Native Studies, Fine Arts, Psychology, and more.

Academics Plus: The liberal arts help diversify your academic experience — it's important to have knowledge from multiple fields of study when pursuing a career in education. Seek out courses that focus on youth for added value.

Experiential Learning: STU partners with organizations like Autism Connections Fredericton, Big Brothers Big Sisters, the Child and Youth Advocate Office, and others.

Extra: Starting at STU means you will have access to the university's School of Education to speak with students and faculty and attend info sessions on campus. The School of Education offers a post-degree Bachelor of Education.



Teacher
Fredericton, NB
Matthew Milne, BE'd'25, Middle
Secondary Concentration



Social Work

Academics: The best way to prepare for a career in social work is to learn as much about society as you can. Relevant areas of study are Sociology, Criminology, Gerontology, Psychology, Human Rights, and Native Studies.

Academics Plus: As a Bachelor of Arts student, you are able to take courses from the School of Social Work before applying to the program at the end of second year.

Experiential Learning: Our Office of Experiential Learning partners with local organizations that put you into the community in a hands-on way. Work with the United Way or intern with organizations like the Canadian Mental Health Association.

Extra: Starting at STU means you'll have access to the School of Social Work, which offers a Bachelor of Social Work, the Mi'kmaq Wolastoqey Bachelor of Social Work, and a Master of Social Work.



**Registered Social Worker
with Social Development**
Fredericton, NB
Jessie-Lynn O'Donnell, BA'21, BSW'23

Check all that apply

I want to ...

- Travel for work
- Work with people
- Work in a creative atmosphere
- Work with children and youth
- Work for myself
- Work on issues that matter to me. What are those issues?



Write down any other ideas you have about *your future career*

[illegible]

Discover more career paths for STU grads at [STU.ca/careertracks](https://www.stu.edu/careertracks)

ACADEMICS

Bachelor of Arts

The four-year undergraduate Bachelor of Arts provides you with diverse knowledge and experiences achieved through a multidisciplinary approach.

Personalize your degree by choosing your major(s), minor(s), and/or honours program — many students choose to major in more than one area.

Bachelor of Arts Disciplines

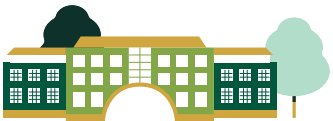
- Anthropology
 - Business and Social Entrepreneurship
 - Catholic Studies
 - Communications and Public Policy
 - Criminology and Criminal Justice
 - Digital Media and Creative Arts
 - Economics (Option in Business)
 - English Language and Literature (Option in Creative Writing)
 - Fine Arts (Option in Film, Music, Musical Theatre, and/or Visual Arts)
 - French
 - Gerontology
 - Great Books
 - History
- Human Rights
 - Interdisciplinary Major in Humanities
 - International Relations
 - Irish Studies
 - Journalism
 - Law, Politics and Society
 - Native Studies
 - Philosophy
 - Political Science
 - Psychology
 - Religious Studies
 - Sociology
 - Spanish and Latin American Studies
 - Sustainability and Environmental Studies
 - Women's Studies and Gender Studies

Add a check beside *the subjects you want to learn more about!*



STU Professor
Teaches: Political Science and Law, Politics, and Society
Dr. Tom Bateman

“The opportunities for growth at STU are fantastic, and it is satisfying to see students flourish.”



Additional Options

As part of your Bachelor of Arts, you may complete a minor in Business. Courses are also offered in subjects such as Italian, Japanese, Latin, Maliseet, Mathematics, and Social Work.

Degree Options

- Bachelor of Arts
 - Bachelor of Applied Arts
 - Bachelor of Education
 - Bachelor of Social Work
- Master of Social Work
 - Mi'kmaq Wolastoqey Bachelor of Social Work

Learn more at [STU.ca/academics](https://www.stu.ca/academics)

Bachelor of Arts (Aviation Stream)

The program is offered in partnership with MFC Training (Fredericton Campus) and combines traditional undergraduate education with ground and flight training at MFC. It is one of few programs in the country and prepares grads for an array of career opportunities in aviation.

Learn more at [STU.ca/aviation](https://www.stu.ca/aviation)



STUDENT-CENTERED

The STU experience is thoughtfully designed to put students first.

- Tailor your degree and study the issues that matter to you.
- Be taught by professors who know you by name.
- Get support in discovering how your interests align with career opportunities.
- Find a lasting community on campus that will remain with you beyond graduation.

Major

Your major is the subject in which you will take the greatest number — and oftentimes a specific grouping — of courses.

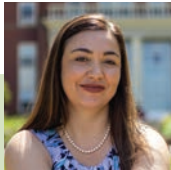
Declare your major at the end of your second year. You can major in more than one subject.

Minor

A minor consists of several courses in a specific area, but not as many as a major.

Honours

Honours programs demand a greater number of courses in a subject — including advanced-level courses — and a thesis is often required.



STU Professor
Teaches: Human Rights
Dr. Amanda DiPaolo

*“The culture at STU is one where students feel like **they matter**. When I was a student here, I always felt like I mattered to my professors because they put so much effort into providing me with a **quality education**.”*

Learn from the Experts

STU professors are published authors, researchers, award winners, activists, and engaged global citizens who bring real-world experience into the classroom.

Teaching Priority

You will always be taught by professors at STU — not teaching assistants. This ensures you are learning from and engaging with the experts.

Interdisciplinary Studies

Interdisciplinary programs are comprised of courses from various departments around a specific theme. These customizable degree options are developed closely with a faculty supervisor and need to be approved by the university.

Learn more at [STU.ca/interdisciplinary](https://www.stu.ca/interdisciplinary)

Aquinas: Great Books — An Innovative Approach to First Year

The only one of its kind in Canada

Aquinas: Great Books is an optional one-year program for first-year students. It is made up of three full-year courses (English, Political Science, Philosophy) and team-taught by professors from each discipline. You will round out your schedule with an additional two courses of your choosing per semester.

Learn more about Aquinas at [STU.ca/aquinas](https://www.stu.ca/aquinas)



THE PATH TO YOUR DEGREE

1

First Year

- Take courses in multiple subject areas that interest you.
- Discover topics and issues that inspire you.
- Develop transferable skills and an academic foundation that will carry you through your degree — and your career.

2

Second Year

- Take classes in subjects you enjoyed most in first year.
- Go deeper into course material and connect with professors whose research interests you.
- Make decisions about academic areas to focus on.
- Connect with Experiential Learning about opportunities available to you.
- If you are an aspiring social worker, apply to the STU program now.
- If you are an aspiring teacher, make sure you have explored the required teachable subjects.

3

Third Year

- Pursue your declared major(s)/honours.
- Complete an internship and/or on-campus work experience related to your interests.
- Ensure you are on track to meet degree requirements.
- Work with Career Development to start building your network and professionalizing your resume.

4

Fourth Year

- Complete advanced course work such as major projects, a thesis, or research paper.
- Take on a leadership role with a club/society or community organization.
- Present at the Student Research and Ideas Fair, and academic conferences.
- Secure references from professors and mentors for employment or post-graduate studies.

PUT YOUR LEARNING INTO ACTION



Moot Court

STU offers one of few undergraduate moot court experiences in the country. Earn academic credit and gain experience writing legal briefs and preparing arguments, which you will present in simulated courtroom environments around the world.



Certificate in Experiential Learning and Community Engagement

Completed concurrently with your degree, this certificate provides tangible evidence of course-based experiential learning and community engagement.



Certificate in Digital and Media Literacy

Combine courses in digital and media literacy with workshops and experiential learning to help broaden your knowledge and apply your conceptual understanding in real-world settings.



Complete Research with Your Professors

Work with professors on research projects — something reserved for graduate students at larger institutions.



Model United Nations

Participate with your class in the Harvard Model United Nations and volunteer with the John Peters Humphrey Model United Nations, hosted by STU.

Circle *all the experiences* that interest you



STUDY *ABROAD*

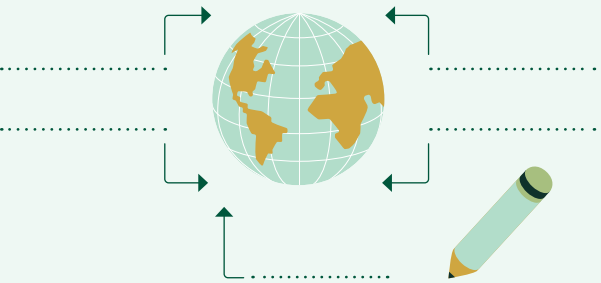
International Exchanges

Spend a semester or full academic year studying in another country at one of our partner universities. We offer exchanges to **Australia, Brazil, Chile, China, Ecuador, England, France, Ireland, Japan, Malta, Peru, South Korea, Spain, Sweden, and Turkey.**

Travel Study

Travel to an international destination for two to four weeks with a professor and classmates to engage in study together using the local setting and culture as learning materials. Past opportunities include travel study to **Greece, Italy, Germany, England, Spain,** and others.

What countries are on *your travel bucket list*?



SCHOOL OF *SOCIAL WORK*

Social Work programs are accredited by the *Canadian Association for Social Work Education-Association Canadienne pour la formation en travail social*.

Bachelor of Social Work

The four-year Bachelor of Social Work emphasizes the understanding of the structural roots of social problems in society.

- Develop the ability to challenge structural injustices.
- Learn critical theories to frame best practices.
- Understand how different forms of power, oppression, and privilege operate in the world.

Students complete two practicums, one in third year and one in fourth year. This offers the opportunity to gain professional experience, put theory into practice, and build a professional network.

Students interested in the Bachelor of Social Work will complete two years of the Bachelor of Arts before applying.

Learn more at STU.ca/socialwork

Mi'kmaq Wolastoqey Bachelor of Social Work

This accredited program provides First Nation individuals with an opportunity to receive social work education within a flexible and culturally relevant framework that recognizes First Nations' systems of knowledge, practice, and ways.

Learn more at STU.ca/mwbsw

Master of Social Work

The Master of Social Work is a full-time, one-year professional-based graduate degree program focused on advanced clinical practice offered to students with a first-level social work degree from a university program.

There is a two-year option for students who have completed a Bachelor of Arts and prerequisite coursework.



SCHOOL OF *EDUCATION*

The School of Education is a member of the *Association of Canadian Deans of Education*, which fosters professional and teacher education, engages in educational research, and participates in educational policy development.

Bachelor of Education

This 10-month program takes a cross-disciplinary approach to teaching and learning while emphasizing inclusionary teaching approaches. It builds on undergraduate degrees in arts, sciences, and other comparable programs accomplished through cooperative learning and teamwork along with practical teaching techniques.



Preparing for Your Bachelor of Education — Start at STU

STU students who are interested in pursuing Education are welcome to connect with the Admissions Office at any point during their degree to discuss different aspects of the application process, such as what documents you will need to provide and what teachables majors are accepted.

Concentrations

- Elementary (K-5)
- Middle/Secondary (6-12)
- French Second Language Teaching (Elementary, K-5)
- French Second Language Teaching (Middle/Secondary, 6-12)

Classroom Experience

Teacher candidates in the Bachelor of Education complete two field placements at different grade levels in New Brunswick. This allows them to put their own learning into action and work closely with established educators.

Broad Range of Education Courses

In addition to courses in English Language Arts, History/Social Studies, Math, Science and Technology, the School of Education also offers courses in Fine Arts Education, Physical Health and Wellness Education, Climate Change Education, and Indigenous Education and Reconciliation.





#1

Most livable city in Atlantic Canada
(*Globe and Mail*, 2024)

#7

Most livable city in Canada for young professionals
(*Globe and Mail*, 2024)

#3

Fastest growing employment growth in
Canada over the last 4 years
(Statistics Canada)

STUDY AND LIVE IN FREDERICTON

Small Town Charm. Big City Spirit.

Fredericton, the riverfront capital city of New Brunswick, is the ideal student city. It's small enough to navigate easily and safely, and big enough to offer a variety of events and entertainment.



More than 100 charitable organizations offer internships, volunteering, and work opportunities



Embrace winter by skiing, skating, and snowshoeing the city



More than 150 km of city-wide trails



STU tuition and fees include a city transit pass

Coming to STU from Another Country?

International students will be welcomed to STU and Canada right away.

Fredericton is a capital city with many large and small businesses and organizations, which provides students opportunities to intern and work.

Canada provides pathways to immigration and opportunities to work while you study!



City Life

- Grab a meal at one of the city's many delicious restaurants.
- Meet a friend for coffee and a sweet treat — Mill Town Coffee Roasters, The Abbey, and Chess Piece Patisserie are local favourites!
- See a play or musical performance at The Playhouse or Charlotte Street Arts Centre.



Festivals and Cultural Events

- Check out an exhibit at the Beaverbrook Art Gallery.
- Take in one of the 150 performances at the annual Harvest Music Festival, which takes over downtown in September.
- Embrace winter at FROSTival — an event that brings out the best winter has to offer.



Weekend Adventures

- Meet friends for a drink at one of the many local craft breweries.
- Browse local shops in the city — located uptown, downtown, and on the north side.
- Hit the city-wide trail system, try one of the many yoga classes, or register for a recreational sports team.

Learn more about Fredericton at [@fredtourism](https://www.fredtourism.com)

MORE THAN A CAMPUS — *IT'S A COMMUNITY*

When you choose STU, you will be *choosing a tight-knit and welcoming community* that will support you from your first steps on campus to your walk across the stage on graduation day.

Welcome Week, clubs and societies, campus-wide events, student service initiatives, and living in residence are just a few ways to get involved and make life-long friends and lasting memories while you earn your degree.

Away from Home, but Not Alone — Student Supports

Student support offices are here to support each student if they need it. Academic Advising, The Writing Centre, Peer Tutoring, Accessibility Services, and Mental Health and Counselling are just a few services available to STU students.

Student Health Centre and Pharmacy are located on campus!



Third-year STUdent
Ecuador
Camila Baquerizo

“At STU, you’re never going to be alone — there’s always someone concerned about how you’re doing and your wellbeing. *You’re always going to feel love and appreciation from everyone here.*”



INDIGENOUS STUDENT *SERVICES*

We’re proud to offer Indigenous students *culturally rich events, activities, supports, and services.*

- Employment opportunities
- Counselling services
- Elders in Residence
- Traditional ceremonies
- Workshops and conferences



Elders in Residence

Elders in Residence work closely with Indigenous Student Services and provide a link between the University and Indigenous communities. They are also responsible for organizing cultural and ceremonial events, hosting guests and visiting Elders, and providing guidance to administration, faculty and staff on Indigenous cultural practices, traditions and protocol.

Wabanaki Student Centre

A home-away-from-home that provides students with a culturally and spiritually rich environment that is a great place to socialize, relax and gather with friends.

Student Reconciliation Committee

Celebrate Indigenous culture on campus and raise awareness for important issues that impact Indigenous communities.

Support Team

Our Director of Indigenous Initiatives, Indigenous Student Services Coordinator, and Future Wabanaki Coordinator work together for and with Indigenous students.

LIVING IN RESIDENCE

Make the most of your university experience by living in residence. All houses include shared kitchens, lounges, and study spaces to help you make friends.



Harrington Hall

Harrington includes mostly double rooms and a small number of single rooms. Hallway wings are gender specific and have shared washrooms. There are designated common spaces such as study rooms and social lounges throughout the building.



Vanier Hall

Vanier includes mostly double rooms and a small number of single rooms. Each wing is mixed gender and has shared multi-stall and private-stall washrooms. Each floor has access to a common lounge.



Holy Cross House

Holy Cross is our only all-female residence at STU. The two sides of the building are dedicated to residence rooms, while the centre of the building houses faculty offices, classrooms, and the university chapel. Students living in Holy Cross share a bathroom with others from their wing.



Reserving Your Space on Campus

Once you have been admitted to STU, the residence application will be available under the “Next Steps” tab within your applicant portal.



What’s for Dinner?

Our All-You-Care-To-Eat meal plan offers healthy Canadian, international, vegetarian, vegan, halal, and gluten-free dishes. Just let our staff know if you have severe allergies.

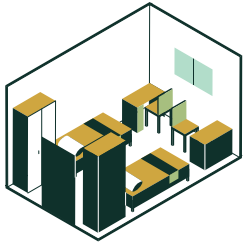


Stress-free Living

- Laundry, internet, and cable included.
- Dining hall is less than a two-minute walk away.
- Student fees include a city transit pass.

Campus Housing Room Layout

Residence rooms are furnished with extra-long twin-size beds, desks, chairs, wardrobes, and a mini fridge.



Learn more at STU.ca/residence



ATHLETICS AND RECREATION

Go Tommies Go!

Student athletes represent STU in two leagues — the Atlantic Collegiate Athletic Association (ACAA) and Atlantic University Sport (AUS).



ACAA

- | | |
|--------------------------------|----------------------------|
| • Women’s and Men’s Basketball | • Women’s and Men’s Soccer |
| • Women’s and Men’s Volleyball | • Rugby 7s |
| | • Cross Country |

AUS

- | | |
|------------------|---------------|
| • Women’s Hockey | • Men’s Rugby |
|------------------|---------------|

Recreation, Classes, Intramurals

Attend a fitness class, book a court or compete against friends in intramural sports. Take advantage of the opportunities on campus to take care of your mental and physical health.

- | | |
|--------------|--------------|
| • Pilates | • Badminton |
| • Yoga | • Spikeball |
| • Basketball | • Pickleball |

Stay Active at the JBO

The J.B. O’Keefe Fitness Centre houses a fitness and court area, squash court, dressing rooms, shower facilities, lounge area, and offices for STU Athletics. Your student ID gets you in!

Interested in Competing as a Tommie?
Fill Out a Become a Tommie Form at
GoTommies.ca



HOW TO APPLY

BACHELOR OF ARTS

We are so pleased that you are interested in applying to STU!

Applying is quick and easy, and our team is here to help you throughout the admissions process. We look forward to hearing from you!

1. Complete Your Application

- Submit the online application at [STU.ca/applynow](https://stu.ca/applynow)
- Pay the application fee:
\$40 NB residents; \$55 non-NB residents.



2. Submit Your Supporting Documents

- **Canadian High School Applicants:** Upload your transcript on your applicant portal or email your transcript to admissions@stu.ca
- **Early Admission (July–January):** We require your final Grade 11 transcript and a Grade 12 course list. A mid-year Grade 12 transcript is required when available.
- **Regular Admission (February–September):** We require your mid-year Grade 12 transcript or final high school transcript if available.
- **Transfer Applicants and International High School Applicants:** Please request to have your official transcript sent to admissions@stu.ca by your secondary school or post-secondary institution. International applicants may be required to submit an official English language proficiency test.

When your documents arrive and are verified, your online document checklist will be updated.

3. We Will Keep You Updated

You will receive an email confirming your application has been submitted. You can log into your applicant account at any time to check the status of your application.

4. Apply for Scholarships and Bursaries

To be considered for scholarships and bursaries, you must submit an application within your applicant portal after receiving an offer of admission.

The deadline to apply for scholarships and bursaries is **March 1, 2026**, but you are encouraged to apply as soon as you receive your offer of admission as scholarships are awarded on a rolling basis as funds allow. The sooner you apply, the sooner you may receive an offer.

By submitting one complete application, candidates will be considered for the majority of awards that are available to entering students.

5. Accept Your Offer of Admission

Confirm your place at STU by paying your admission confirmation deposit on your applicant portal. This deposit will be credited towards your tuition.



Applying to Live on Campus

Once you have been admitted to STU, the residence application will be available under the “Next Steps” tab on your applicant portal.

Admissions Office

51 Dineen Drive
Fredericton, NB E3B 5G3
admissions@stu.ca
1-877-788-4443
506-452-0532

ADMISSION

INFORMATION

High School Students

To be considered for admission, applicants must have a minimum average of 70% on five successfully completed Grade 12 academic courses including Grade 12 academic English (or French for applicants from Francophone schools). Note that meeting the minimum requirements does not guarantee admission.

Visit [STU.ca/byprovince](https://stu.ca/byprovince) to view a list of acceptable academic electives by Canadian province.

Visit [STU.ca/bycountry](https://stu.ca/bycountry) to review international admission requirements by curriculum.

Transfer Students

You are considered a transfer student if you have graduated from high school and have earned credit from another post-secondary institution from which STU recognizes transfer credit.

Normally, a minimum 2.0 GPA is required.

Transfer students will receive an evaluation of eligible transfer credit following their admission.



Director of Admissions
Michelle Wright, STU Alumna

“Applying to university is an exciting step, and we’re here to guide you through every detail. Whether you’re navigating the application process, submitting transcripts, or applying for scholarships, our team looks forward to supporting you.”

Mature Students

Candidates 21 years of age or older who do not meet the high school requirements are eligible to apply as adult learners.

Candidates must submit a letter of application describing educational background, work experience, and academic plans.

International Students Studying in Canada

The English language proficiency score requirement may be waived for students who graduate from a high school in Canada with a final grade of 70% or higher on Grade 12 academic English.

English as a Second Language Program

The English as a Second Language (ESL) program provides students who qualify the opportunity to pursue for-credit studies while continuing to improve English language skills in a planned, individualized program during the academic year (September to April).

There are no additional costs for ESL.

Learn more at [STU.ca/ESL](https://stu.ca/ESL)

AP and IB Transfer Credits

Applicants with scores of 4 or 5 on AP courses are eligible for credit toward their degrees.

Applicants with scores of 5, 6, or 7 on IB Higher Level courses are eligible for credit toward their degrees.

What courses are *you taking* this year?

.....
.....
.....
.....
.....



Once you've been accepted, visit [STU.ca/accepted](https://stu.ca/accepted)



This Experience *Belongs* to You.

TUITION AND FEES

Fees listed below are based on the 2025–26 academic year. The fees for the 2026–27 academic year will be set in May 2026.

Bachelor of Arts Tuition*

Canadians and Permanent Residents	\$8,869
International	\$20,322

* Please note that tuition for the Bachelor of Arts (Aviation Stream) is a combination of STU and MFC Training tuition. Please see [STU.ca/tuition](#)

Compulsory Student Fees

Canadians and Permanent Residents	\$1,060.90
International	\$1,324.90

Accommodations and Dining

Double Room and Meal Plan	\$12,159
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(Double room in Harrington/Vanier with Freedom Meal Plan)

Health and Dental*	\$442.90
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You may opt out of the health and dental plans should you provide proof of existing coverage by the deadline in October.

* International students are eligible for Medicare in the Province of New Brunswick after their first semester. Medicare covers publicly funded healthcare such as medically necessary hospital and physician services.

The above plans are for extended coverage (prescription drugs, hospital accommodation, vision care, etc.).

Total Estimated Cost Based on Tuition

Canadians and Permanent Residents	\$22,531.80
International	\$34,248.80



SCHOLARSHIPS AND BURSARIES

Rewarding Your Achievements and Investing in Your Future

Our scholarship and bursary program rewards diverse student achievement, from academic excellence to community leadership.

- Scholarships range in value from \$500 to \$100,000 over four years.
- Bursaries range in value from \$500 to \$5,000.

Our competitive program helps us attract scholars and community leaders from around the globe.

7 out of 10 accepted applicants who applied for a scholarship received an offer.



STU Scholarship Recipient
2023 Rhodes Scholar
Oxford, UK
Ethan Nylen, BA'23

“Being awarded a scholarship gave me *the freedom to pursue my academic interests* in a community that’s keen to study together, challenge each other, and aspire for greatness together.”

One Application

Submit ONE application on your applicant portal to be considered for the majority of awards available to incoming students.

Don’t Wait to Apply

You can be considered for scholarships and bursaries immediately after you’ve been admitted to STU — you don’t need to confirm your attendance to receive a scholarship or bursary offer. Don’t wait to apply!

Deadline

Applicants should **apply for scholarships and bursaries by March 1, 2026**. You may apply after the deadline, as scholarships and bursaries will be awarded after the March 1 deadline as funds allow.

Eligibility

Students with an admission average of 80% or higher are eligible for scholarships, whereas bursaries are awarded based on financial need.

Campus Tour Coordinator, Current STUdent
Ecuador
Alejandra Baca

“As campus tour ambassadors, *we love to hear from future STUdents!*”



Looking for help while applying?
Our team is happy to help you with the process and provide guidance and assistance in applying for scholarships and bursaries.
Visit [STU.ca/admissionsteam](#)

IMPORTANT DATES FOR *FUTURE* *STUDENTS*

JUNE 11, 2025

Virtual Event Series Begins

JULY 1, 2025

Admission for September 2026 Opens

OCTOBER 25, 2025

In-Person Fall Open House

DECEMBER 13, 2025

Virtual Fall Open House

FEBRUARY 7, 2026

Virtual Winter Open House

MARCH 1, 2026

Deadline to Apply for Scholarships
and Bursaries

MARCH 28, 2026

In-Person Spring Open House

APRIL 15, 2026

Deadline to Submit Residence Reservation
and be Guaranteed a Room

APRIL 15, 2026

First-Year Course Registration Opens

May 23, 2026

Accepted STUdent: Next Steps Event

Land Acknowledgement

The land on which St. Thomas University is located is the traditional territory of the Wolastoqiyik, Wəlastəkwiyik / Maliseet whose ancestors along with the Mi'kmaq / Mi'kmaw and Passamaquoddy / Peskotomuhkati Tribes / Nations signed Peace and Friendship Treaties with the British Crown in the 1700s.



PERSONALIZED *CAMPUS TOURS*

*Your university experience will be
unique to you — your campus tour
should be, too!*

Current STUdents will be your in-person or virtual guides and will be happy to spend more time in/on the areas of most interest to you. Sit in on a class to get a sense of what it's like to be a student at STU, meet professors who are experts in the fields that interest you, and connect with students and staff who share your interests and can answer all your questions about starting university.

Book Your Tour

STU.ca/campustour

tours@stu.ca

1-877-788-4443

Contact Us

+1-506-452-0532

Toll free in North America:

1-877-788-4443

Admissions Office:

51 Dineen Drive, Fredericton, NB
Canada E3B 5G3

Apply

STU.ca/applynow

Chat With a Student Today

STU.ca/futurestudents



@StThomasUCanada



STU.ca/linkedin



@StThomasU



@StThomasU



STU.ca/youtube