



# **Minneapolis-St. Paul ELS Center at the University of St. Thomas**

---

**ELS COUNSELING MANUAL**

UPDATED 2024-11-12



## Minneapolis-St. Paul ELS Center

At University of St. Thomas

To preview the beautiful campus, see our YouTube video: [https://youtu.be/nFQjJiRq\\_Ks](https://youtu.be/nFQjJiRq_Ks)



### About This Center

The Minneapolis-St. Paul ELS Center is in the second-largest metro area in the Midwest. Students study in the vibrant Minneapolis downtown, at the top-tier University of St. Thomas. The classrooms are a short walk away from world-class entertainment and the offices of many Fortune 500 companies. Students can eat at cafeterias or walk out the door and choose from restaurants representing all cultures of the world.

Across the Mississippi River, students can enjoy the amenities of St. Thomas's eastern campus in the city of St. Paul. At the NCAA DI university, students can cheer for the "Tommies" at one of the men's or women's sporting events such as soccer, hockey, American football, or track and field. For convenience of the ELS students, a free shuttle bus connects the two campuses, while a thriving Metro Transit system can bring students anywhere.

- Total number of ELS students: Average 65 (Maximum 140)
- Number of students per class: Average:12 (Maximum:18)

### Why Choose Minneapolis-St. Paul ELS Center

—Study at a top-tier NCAA Division I private university in the heart of a thriving downtown, steps from restaurants, theaters, concert venues, art galleries, and both collegiate and professional sports stadiums

—Navigate between two major U.S. cities with a free shuttle bus or a light-rail train, crossing over one of the largest waterways in the world, and enjoy recreational opportunities in all four seasons.

### Programs at Minneapolis-St. Paul ELS Center

- Intensive English (30 lessons/week)
- Semi-Intensive English (20 lessons/week)
- American Explorer (15 lessons/week)

## Physical Address of Minneapolis-St. Paul ELS Center

[1000 La Salle Avenue, Terrance Murphy Hall, Suite 444, Minneapolis, MN 55403, USA](#)

### BUILDINGS & SPACES

- ▲ Accessible Building
- ◆ Partially Accessible Building

Opus Hall (MOH).....	▲ 1
School of Education	
<b>Terrence Murphy Hall (TMH).....</b>	<b>▲ 2</b>
<b>College of Business</b>	
Schulze Hall (SCH).....	▲ 3
Schulze School of Entrepreneurship	
School of Law (MSL).....	▲ 4
Parking at 11th Street and Harmon Place..	▲ 5
MacPhail.....	▲ 6

### KEY

- T Metro Transit Bus Stop
- P Public Hourly Parking
- Restricted Parking
- St. Thomas Shuttle Stop
- Academic
- Parking



### Start Dates – Schedule B Center

(2024) 1/8, 2/5, 3/4, 4/1, 4/29, 5/27, 6/24, 7/22, 8/19, 9/16, 10/14, 11/11, 12/9

(2025) 1/6, 2/3, 3/3, 3/31, 4/28, 5/27, 6/23, 7/21, 8/18, 9/15, 10/13, 11/10, 12/8

*Students may start on any Monday though starting on the 4th week of the session is not recommended.*



## About the Host University



### University of St. Thomas

University of St. Thomas – Minnesota is a private Catholic university spread across the two major cities in Minnesota: Minneapolis and St. Paul. Most of the 9,000 students study and live in the dorms at the St. Paul campus, while the business, education, and law students commute to Minneapolis campus for classes. ELS students experience the benefits of a bustling downtown setting on the Minneapolis campus, with a cafeteria and state-of-the-art classrooms. Before or after classes, ELS students have access to all the amenities of one of the top athletic programs in the Midwest: pools, gymnasiums, running tracks, large libraries, food venues, art galleries, and a massive new student center. The university offers more than 150 undergraduate degrees, 21 NCAA Division I sports teams, and nearly 150 clubs open to join. A free shuttle bus runs a short trip between the two campuses (10-15 minutes). After completing level 112 at the ELS Center, students can enter an undergraduate or master's program without the need for an official English score (from tests such as IELTS).



**Conditional admission available through ELS UAS: Yes**

**ELS Level Accepted: Level 112**

**University Rankings** based on 2025 US News Ranking

#148 in National Universities

#71 in Best Value Schools

#23 in Best Undergraduate Engineering Programs



## Popular Majors

Business, Marketing, Biological and Biomedical Sciences; Engineering; Social Sciences; Psychology; Computer and Information Sciences; Communication and Journalism.

## Campus Facilities

Anderson Student Center, with dining options, markets, bowling, billiards, and study spaces

Four cafeterias, several markets, and access to restaurants in the Minneapolis Skyway system

Covered ramp parking in downtown Minneapolis

Two-level instrumental rehearsal space inside the just-completed STEAM Education facility

More than 40 academic centers and institutes

Anderson Athletic and Recreation Center with the 180,000 square feet gymnasium and aquatic center with pools and diving area

Basketball, Football, Soccer, Hockey arenas, Tennis courts, Baseball and Softball fields

Multiple computer labs along with poster printing, shirt printing, and 3-D printing centers

Several libraries, including the O'Shaughnessy-Frey Library with 35,000 rare books



## About the City and Region – Minnesota’s Twin Cities: Minneapolis and St. Paul



Because of their proximity and similar population sizes, Minneapolis and St. Paul are often called the “Twin Cities.” Both developed as major industry sites along the Mississippi River in the 1800s. The region is the ancestral homelands of the Dakota and the Ojibwa peoples, and their indigenous cultures are present throughout the region in art and language. St. Paul became the capital city of Minnesota. Minneapolis became the commercial center and grew to be the largest city in the state. With a metro population over 3 million, the Twin Cities are the center of the state of Minnesota’s commercial, industrial, educational, and cultural heritage. They also serve as a hub for international travel. Residents frequent the vibrant neighborhoods and restaurants before visiting one of many major museums, such as the Minneapolis Institute of Art (MIA) and its 90,000 works, or the Walker and its outdoor sculpture garden, or the Frank Gehry-designed Weisman Art Museum. Outdoor activities are everywhere, as bike and running paths connect to every location. People kayak and canoe the river and the famous Chain of Lakes. The Twin Cities also hosts seven professional sports teams, each of which plays in acclaimed stadiums, such as the 60,000-seat US Bank Stadium, which hosts the local NFL team, the Minnesota Vikings. Many people also take trips “up North” to experience the port city of Duluth that sits on the shores of the largest freshwater lake in the world: Lake Superior.

### Distances to Nearby Cities by car

- Stillwater, Minnesota: 30 minutes
- Duluth, Minnesota: 2 hours 30 minutes
- Thunder Bay, Ontario: 6 hours
- Des Moines, Iowa: 3 hours 30 minutes
- Chicago, Illinois: 6 hours 30 minutes (or by train: 7 hours 30 minutes)

### Area Attractions



- Natural spaces, such as the Mississippi River National River and Recreation Area, St. Croix National Scenic Riverway, Voyageurs National Park, Isle Royal National Park, the Boundary Waters Canoe Area Wilderness, and all the 75 Minnesota State Parks
- Large zoos, such as The Minnesota Zoo and the Como Park Zoo & Conservatory
- Several professional sports stadiums, such as Target Field, where the Twins play baseball, US Bank Stadium, where the Vikings play football, Allianz Field, where the Loons play soccer, and the Xcel Energy Center, where the Wild play
- Shopping centers, such as The Mall of America (the largest retail building in the U.S.), The Galleria in Edina, and Eagan Outlet Stores.

Cultural experiences at the Minnesota Orchestra, the Cowles Center for Dance and the Performing Arts, the Minnesota History Museum, and Hočokata Ți, an indigenous museum dedicated to the Dakota people

### **Local Transportation**

- The Twin Cities are connected by Metro Transit, a public transportation system of rapid bus lines, light rail, and commuter busses. Students can purchase reduced rate passes from the University of St. Thomas. The region is also well known as having the strongest bicycle-commuting populations of any city in the nation, and students can easily zip from the Minneapolis campus to the St. Paul campus on the River Road in about 30 minutes.
- Minneapolis-St. Paul ELS students receive a University of St. Thomas student identification card which grants access to a free shuttle bus between the Minneapolis campus and the St Paul campus. The bus runs every 20 minutes throughout the day.



## Distances to Key Locations (from ELS Center)

Local Places:	Away	Mode of Transportation
Airport	40/20	Bus or light rail/Car
Bank	5	Walk/Bike
Downtown Minneapolis	1	Walk
Post Office	10	Walk
Restaurants	5/2	Walk/Bike
Shopping Mall/Outlet	5	Walk/Bike
Public Transportation	5	Walk/Bike
Supermarket	5	Walk/Bike
Pharmacy	5	Walk/Bike
Sports Stadium	10	Walk/Bike



## Housing

### Homestay



- Room Type: Single occupancy
- Meals: 14 meals per week (Breakfast and Dinner)
- Distance from homestay to ELS Center: Most host families are within a 15-minute drive from the Center; no host family will be more than a one-hour drive
- Minimum Age: 16

Students who chose to live with host families will look forward to eating dinner and conversing together in the evening, celebrating holidays and special moments with them, and having ample opportunity to practice speaking English every day. Host families assist students in finding their way to the Center on the first day and teach them how to use public transit, if desired. Students who choose to live with host families have the best opportunities to learn about American culture and practices.

#### Check-in Time

12:00 p.m. - 11:00 p.m. Sunday before session start date

Students will receive the name and address of the host family before they arrive.

#### Check-out Time

12:00 p.m. - 11:00 p.m. Sunday before session start date

Students will clean their living areas and return house keys directly to the host family.



## ELS Levels

### MASTERS

#### Upon completion of master’s levels, students can:

- Level 112 Speak and understand English with ease.
  - Level 111 Read and write with sufficient proficiency to satisfy professional and university requirements.
  - Level 110 Conduct business competently in English
- Equivalent to CEFR: B2+/C1 upon completion of ELS Level 112

**Education option upon completion: Begin an undergraduate or graduate degree program.**

### ADVANCED

#### Upon completion of Advanced levels, students can:

- Level 109 Communicate effectively in most social situations.
  - Level 108 Understand and can use a wide range of idioms.
  - Level 107 Participate fully in most conversations.
- Equivalent to CEFR: B2 upon completion of ELS Level 109

**Education option upon completion: Enter a two-year college.**

### INTERMEDIATE

#### Upon completion of Intermediate levels, students can:

- Level 106 Communicate facts and opinions.
  - Level 105 Understand most questions and statements at normal speaking speed.
  - Level 104 Carry on conversations with native speakers
- Equivalent to CEFR: B1 upon completion of ELS Level 106

### BEGINNER

#### Upon completion of Beginner levels, students can:

- Level 103 Communicate at a basic level in everyday situations.
  - Level 102 Understand English when spoken slowly and clearly.
  - Level 101 Respond to simple questions and directions.
- Equivalent to CEFR: A2+ upon completion of ELS Level 103

ELS Levels	101	102	103	104	105	106	107-108	109	110-111	112
IELTS				4.0	4.5	5.0	5.5	6.0	6.5	7.0



## ELS Core Classes

### Structure and Speaking Practice (SSP)

SSP classes focus on speaking, listening and structure (grammar). Every student in Levels 101-109 takes SSP.

### Language Technology Center (LTC)

In the LTC, students study on computers at their own pace with the help of the LTC instructor. LTC supports what students are learning in other classes and can be especially helpful in improving listening comprehension, grammar, vocabulary, and pronunciation.

### Skills Enhancement

These classes focus on a variety of language skills and cover a range of topics to help students improve specific areas of language development. Examples of Skills Enhancement Classes include Pronunciation, Vocabulary Development, Idioms, Conversation and more.

### Language Studies (LS)

This class focuses on listening, speaking and critical thinking skills. Every student in Levels 110-112 takes LS.

### Reading and Writing (RW)

This class focuses on improving reading and writing All Intensive English students take two periods of Reading and Writing in the afternoon, Monday-Thursday.

### Sample Timetable

Time \ Programs	Intensive 30Lessons/week	Semi-Intensive 20Lessons/week	American Explorer 15Lessons/week	
8:30 - 9:20 AM	<b>Mon-Fri</b> SSP, LTC & Skills Class	<b>Mon-Fri</b> SSP, LTC & Skills Class	<b>Mon-Fri</b> SSP, LTC or Skills Class	
9:30 - 10:20 AM				<b>Mon-Fri</b> SSP, LTC or Skills Class
10:30 - 11:20 AM				
11:30 AM - 12:20 PM				
12:20 -1:30 PM	Lunch			
1:30 - 2:35 PM	<b>Mon-Thu</b> Reading & Writing Class			
2:45 - 3:45 PM				

\* 1 Lesson = 50 minutes (Morning) / 60-65 minutes (Afternoon)



## Programs - Intensive English Program [REG]

- 30 Lessons/week (25 Hours/week)

Intensive English is our most comprehensive program, providing the highest level of proficiency for language learning. The curriculum is designed help students succeed by focusing on all elements of the language: listening, speaking, reading, writing, pronunciation, grammar, and vocabulary. Most students taking this program study with a plan to go to community college or university after completing ELS.

**You must take this program to get the ELS level certificate required by the university.**

### Intensive English Program – Sample Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
8:30am - 12:20pm	Structure and Speaking Practice OR Language Studies / Skills Enhancement / Language Technology Center				
12:20pm-1:30pm	Lunch				
1:30pm-3:45pm	Reading & Writing				

### Intensive English Program Sample Timetable – Each Level

Level Time	BEGINNER Lv.101 - 103	INTERMEDIATE Lv. 104 – 106	ADVANCED Lv. 107 - 109	MASTERS Lv. 110 - 112
8:30am-9:20am	Structure and Speaking Practice	Structure and Speaking Practice	Skills Enhancement*	Skills Enhancement*
9:30am-10:20am	Structure and Speaking Practice	Structure and Speaking Practice	Language Technology Center	Language Technology Center
10:30am-11:20am	Skills Enhancement*	Skills Enhancement*	Structure and Speaking Practice	Language Studies
11:30am-12:20pm	Language Technology Center	Language Technology Center	Structure and Speaking Practice	Language Studies
12:20pm-1:30pm	Lunch			
1:30pm-2:30pm	Reading & Writing	Reading & Writing	Reading & Writing	Reading & Writing
2:40pm-3:45pm	Reading & Writing	Reading & Writing	Reading & Writing	Reading & Writing

\*Exact courses offered at each Center may vary.



## Programs - Semi-Intensive English Program [SEM]

- 20 Lessons/week (16.7 Hours/week)

The Semi-Intensive English program allows students to learn English and get a true cultural experience at the same time. These classes are typically scheduled during morning hours and focus on all aspects of language and communication learning, including listening, vocabulary, grammar, and pronunciation. The classes are structured to provide speaking practice and tailored for real-world applications to give you the confidence to use your learning in social settings and in interactions with other students.

### Semi-Intensive English Program Sample Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
8:30am - 12:20pm	Structure and Speaking Practice OR Language Studies / Skills Enhancement / Language Technology Center				

### Semi-Intensive English Program Sample Timetable – Each Level

Level	BEGINNER Lv.101 - 103	INTERMEDIATE Lv. 104 – 106	ADVANCED Lv. 107 - 109	MASTERS Lv. 110 - 112
Time	8:30am-9:20am	8:30am-9:20am	8:30am-9:20am	8:30am-9:20am
9:30am-10:20am	9:30am-10:20am	9:30am-10:20am	9:30am-10:20am	9:30am-10:20am
10:30am-11:20am	10:30am-11:20am	10:30am-11:20am	10:30am-11:20am	10:30am-11:20am
11:30am-12:20pm	11:30am-12:20pm	11:30am-12:20pm	11:30am-12:20pm	11:30am-12:20pm

\*Exact courses offered at each Center may vary.



## Programs - American Explorer Program (ACP)

\* This program is not available to F-1 students.

- 15 Lessons/week (12.5 Hours/week)

Students who wish to study English while on vacation in the USA may do so in the ELS American Explorer program. This program features three morning lessons per day (Monday-Friday) for a total of 15 lessons per week. Afternoons are free for recreation and relaxation.

The American Explorer part-time program is cultural in nature and does not award certificates of language proficiency. Since the core class schedule may vary by Center and session, 15-hour students may have different programs at different Centers or in different sessions. The American Explorer program consists of 12 levels of instruction from Beginner to Masters, with four weeks of instruction per level.

### American Explorer Program Sample Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
8:30am - 11:20pm	Structure and Speaking Practice OR Language Studies / Skills Enhancement / Language Technology Center				

### American Explorer Program Sample Timetable – Each Level

Level \ Time	BEGINNER Lv.101 - 103	INTERMEDIATE Lv. 104 – 106	ADVANCED Lv. 107 - 109	MASTERS Lv. 110 - 112
8:30am-9:20am	Structure and Speaking Practice	Skills Enhancement / LTC	Structure and Speaking Practice	Language Studies
9:30am-10:20am	Structure and Speaking Practice	Structure and Speaking Practice	Structure and Speaking Practice	Language Studies
10:30am-11:20am	Skills Enhancement / LTC	Structure and Speaking Practice	Skills Enhancement / LTC	Skills Enhancement Class or Language Technology Center



# Sample Activity Calendars



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 WELCOME TO MINNEAPOLIS 	3 NEW STUDENTS ORIENTATION & PLACEMENT TESTS 9AM-12:00PM 	4 1ST DAY OF CLASS ARRIVE BY 8:45 FOR YOUR CLASS SCHEDULE & BOOKS 	5 INFORMATION SESSION IN LTC Sign up for activities 	6	7 NO CLASS GOOD FRIDAY - ENJOY THE LONG WEEKEND! 	8 ELS SUGGESTS BREAKFAST WITH THE EASTER BUNNY @ MOA 
9 HAPPY EASTER 	10 UST ACTIVITY DESIGN A TOTE BAG - RSVP ON TOMMIE LINK 	11 UST ACTIVITY IMMIGRATION IMMIGRATION DIALOGUE IN O'SHAUGHNESSY EDUCATION CENTER SIGN UP ON TOMMIE LINK 	12 UST ACTIVITY MAKE YOUR OWN DOOR WREATH RSVP ON TOMMIE LINK 	13 ELS EVENT - FREE INTERNATIONAL SWEETS DAY @ UST 11AM-1PM 	14 ELS EVENT - FREE EGG PAINTING - MOH 3RD FLOOR @ 1 PM 	15 ELS SUGGESTS TITANIC REMEMBRANCE DAY WATCH ON TUBI - MYSTERIES FROM THE GRAVE: TITANIC 
16 ELS SUGGESTS MINNEAPOLIS VINTAGE MARKET @ QUINCY HALL 	17 UST ACTIVITY SUSTAINABILITY WEEK @ UNIVERSITY OF ST THOMAS SEE TOMMIE LINK FOR EVENTS 	18 ELS SUGGESTS TAKE A PICTURE AT THE PRINCE MURAL IN MINNEAPOLIS 	19 ELS EVENT - FREE UNIVERSITY OF ST. THOMAS RECEPTION - TMH 4TH FLOOR @ 4 PM 	20 SSP PICTURES THINK OF A POSE, DRESS UP, SMILE! 	21 ELS EVENT - FREE BOWLING & PIZZA ANDERSON STUDENT CENTER 2PM 	22 ELS EVENT - \$2 GEEK CRAFT EXPO MINNEAPOLIS CONVENTION CENTER @ 12 PM 
23 ELS SUGGESTS VISIT PAISLEY PARK - PRINCE'S CREATIVE SANCTUARY 	24 ELS SUGGESTS FASHION WEEK MINNESOTA BEGINS VARIOUS FASHION SHOWS 	25 CONTINUING STUDENTS PAY TUITION  <a href="http://quickpay.els.edu">quickpay.els.edu</a>	26 LASY DAY OF CLASS CELEBRATE NATIONAL PRETZEL DAY BY EATING A PRETZEL WITH FRIENDS ELS SUGGESTS 	27 FINAL EXAMS GOOD LUCK!! 	28 GRADUATION MEET WITH SSP TEACHERS @ 10AM, THEN GRADUATION 	29 ELS EVENT - FREE INTERNATIONAL DINNER @ WOLFE ALUMNI HALL 5:30 PM 



## **First Day—Orientation Schedule**

***please note that the schedule may need adjusting based on the needs of the students and English comprehension***

8:45–9 a.m.	Pastries and coffee/tea
9–9:30 a.m.	Introductions
9:30–10:30 a.m.	Immigration paperwork
10:30–11:30 a.m.	Tour of Minneapolis campus and visit to security for St. Thomas ID cards
11:30–12:30 p.m.	Traveling to St. Paul campus OR following up on student placements
12:30–1:30 p.m.	Lunch at St. Paul campus
1:30–3 p.m.	Tour of St. Paul campus
3–3:30 p.m.	Traveling back to Minneapolis campus (if needed) and heading home!

## **Contact information**

**Address:**     **Minneapolis-St. Paul ELS Center**

1000 La Salle Ave.

Terrence Murphy Hall, Suite #444

Minneapolis, Minnesota, 55403

United States

**Phone:**     (651) 240-5666

**Email:**     [spa@ELS.edu](mailto:spa@ELS.edu)