UPREP UNIVERSITY PROGRAM COMPARISON SHEET

Free resource

A research worksheet for building a shortlist of Ontario programs you actually understand, in business, engineering, health, science, arts, and creative fields.

14 pages | 6 program cards | Every program family | Side-by-side table



PREPARE FOR WHAT'S NEXT

For any questions or concerns contact us at hello@uprepcanada.ca

https://uprepcanada.ca/

www.instagram.com/uprep_advising/

WHAT IS THIS SHEET?

Choosing programs is one of the biggest decisions in your application, and it is easy to do badly. Students often pick by name, by what a friend chose, or by one number on a website. A better method is to look at the same facts for every program, write them down in one place, and compare them side by side.

This sheet gives you that method. It shows you where to find the facts, gives you a card to fill in for each program, a side-by-side table to compare them, and a short guide to building a balanced list. It works for every kind of program, from engineering to English, and from nursing to architecture. It works best with the UPrep Supplementary Application Checklist, the UPrep Ontario University Atlas, and the UPrep How Admission Averages Actually Work guide. A companion Google Sheet, the UPrep Program Comparison Workbook, holds up to 10 programs with a scoring table that adds up for you.

Plan to spend about 10 to 15 minutes per program. You will end with a shortlist you can explain.

10 to 15 min	6 to 10	8	6	3	$51
per program	programs on a shortlist	program families covered	program cards to fill in	most programs at one university	each choice after the first 3

IN THIS GUIDE

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KEY TAKEAWAYS

- ✓ Look at the same facts for every program, write them down in one place, and note the date you checked each one.
- ✓ Check prerequisites and how the average is calculated before you fall in love with a program.
- ✓ Build a balanced list of strong-fit, close-fit, and stretch programs that you would actually attend.

IMPORTANT

Admission requirements, averages, fees, and deadlines change every year and differ by program. Use each university's official admission page for current information. This sheet does not list averages, cutoffs, or tuition, because those numbers go out of date.

PREPARE FOR WHAT'S NEXT

SECTION 1

1 WHERE TO FIND THE FACTS

What you need	Where to look
A list of programs and what they require	OUInfo (ouinfo.ca), the Ontario universities' shared program search
Program details, courses, and co-op	The program page on the university's website
How the admission average is calculated	The university's admission requirements page for Ontario high school applicants
Whether there is a supplementary application	The program page, "additional requirements," or the OUAC's Undergraduate Application Guide (ouac.on.ca/guide/undergrad-guide)
OUAC deadlines	ouac.on.ca/planning/deadlines
Fees and program fees	The OUAC fees page (ouac.on.ca/guide/undergrad-fees) and the program page
Scholarships	The university's awards or scholarships page
Residence	The university's residence page
Events and campus visits	OUEvents (ouevents.ca) and each university's visit page

TIP When two sources disagree, trust the university's own page, and write down the date you checked it.

SECTION 2

2 DECODE THE EXTRA REQUIREMENTS

Some programs look at your marks only. Others add something more, and that something decides how much work the application will be. Look for it on the program page before you count a program as one more box.

Type	What it asks for	Where it shows up (check each current page)
Grades only	Your final marks and the prerequisites	Many Arts and Science programs. For example, TMU Computer Science lists a grade range and no supplement for Ontario high school applicants.
Written supplement	Short or long written answers, a statement, or an activity chart	McMaster Arts and Science and Honours Health Sciences, the Waterloo Admission Information Form, U of T Kinesiology, Western SASAH, UTSC Management
Video or timed interview	Recorded answers on a platform such as Kira	Schulich BBA, Queen's Commerce and Health Sciences, Rotman Commerce, U of T Engineering, McMaster Engineering and Computer Science, Waterloo Engineering, Ivey AEO

Type	What it asks for	Where it shows up (check each current page)
Portfolio	Work you have made, plus short descriptions	U of T Daniels, Carleton Architecture and Industrial Design, Laurentian Architecture, OCAD, TMU Fashion, Western Visual Arts, York Visual Arts and Design
Audition or creative questionnaire	A performance or creative response	York Dance, Music, and Theatre, U of T Music, Western Music, Carleton Music, Queen's Music
Situational test	An online test such as Casper	McMaster Nursing, Western Engineering

TIP Add up the hours. A program with a video interview, a written supplement, and a reference can take as long as two other applications together. The UPrep Supplementary Application Checklist helps you plan that time.

SECTION 3

3 WHAT TO COMPARE IN YOUR FIELD

Every program card has the same core rows, but each field has facts that matter more. Add the ones for your field to the "Field-specific facts" row of your card.

Program family	Facts worth writing down
Business and commerce	Direct entry or entry after a common first year, co-op or internship option, specializations and when you choose, math prerequisite, extra requirement, program fee
Engineering	One common first year or direct entry to a discipline, when you choose a discipline, co-op or internship, required Grade 12 courses (calculus, physics, chemistry), personal profile or video
Computer science and data	Which faculty it sits in (Math, Engineering, Science, or Arts), co-op, math prerequisites, whether admission is separate from the faculty
Health and life sciences	Whether it is direct-entry (such as nursing) or a general science base, clinical or lab placements, a supplement or test, and what the school says about later professional programs (there are no guarantees)
Science, math, and environment	When you pick a major, research or field-course options, co-op, lab and field fees, prerequisites in the sciences
Arts, humanities, and social sciences	How flexible your electives are, language requirements, honours versus general degrees, combined or special programs, experiential courses
Education and social work	Concurrent versus consecutive routes, placement hours, extra requirements, what the program page says about certification
Architecture, design, fine arts, music, theatre, and film	Portfolio or audition dates, the cost of supplies, studio access, whether the extra requirement counts more than your average
Kinesiology and sport	Statement or profile, co-op, lab access, and what the school says about later professional programs

COACH NOTE

If you cannot find a fact, write "ask" and email the admission office. Admission offices expect these questions, and the answers can save you from a missed prerequisite.

SECTION 4

4 RED FLAGS AND GREEN FLAGS

Read this list as you research, before you fill in a card. If you spot a red flag, slow down and fix it first.

Red flags (slow down and ask questions)

- You cannot explain why a program is on your list
- You have not checked the prerequisites
- You are relying on a friend's or a forum's numbers
- The supplementary application deadline is close, and you have not started
- Everything on your list is a stretch
- Everything on your list is a program you picked because it felt safe

Green flags (you are on the right track)

- You can say what you would study in first year
- You have checked prerequisites, the admission average method, and the deadline
- You have a mix of strong-fit, close-fit, and stretch options
- You have talked to someone who studied the program
- You have written down your questions and emailed the admission office

SECTION 5

5 PROGRAM CARD

Fill in one card for each program you are considering. There are six cards here, and the companion workbook holds ten.

Use a pencil, because things change. If you cannot find something, write "ask" and email the admission office.

Program card 1	Fill in
University, program name, and OUAC code	
Required Grade 12 courses (prerequisites)	
How the average is calculated (top six? required courses?)	
Published range or minimum, and the year it is from	
Supplementary application, portfolio, or audition? (type, opens, due)	
Co-op or work experience? Class size and teaching style?	
Field-specific facts (from Section 3)	
Scholarship and award info (automatic or separate application)	
Why this program interests me (one sentence)	
Questions I still have	

Program card 2	Fill in
University, program name, and OUAC code	
Required Grade 12 courses (prerequisites)	
How the average is calculated (top six? required courses?)	
Published range or minimum, and the year it is from	
Supplementary application, portfolio, or audition? (type, opens, due)	
Co-op or work experience? Class size and teaching style?	
Field-specific facts (from Section 3)	
Scholarship and award info (automatic or separate application)	
Why this program interests me (one sentence)	
Questions I still have	

Program card 3	Fill in
University, program name, and OUAC code	
Required Grade 12 courses (prerequisites)	
How the average is calculated (top six? required courses?)	
Published range or minimum, and the year it is from	
Supplementary application, portfolio, or audition? (type, opens, due)	
Co-op or work experience? Class size and teaching style?	
Field-specific facts (from Section 3)	
Scholarship and award info (automatic or separate application)	
Why this program interests me (one sentence)	
Questions I still have	

Program card 4	Fill in
University, program name, and OUAC code	
Required Grade 12 courses (prerequisites)	
How the average is calculated (top six? required courses?)	
Published range or minimum, and the year it is from	
Supplementary application, portfolio, or audition? (type, opens, due)	
Co-op or work experience? Class size and teaching style?	
Field-specific facts (from Section 3)	
Scholarship and award info (automatic or separate application)	
Why this program interests me (one sentence)	
Questions I still have	

Program card 5	Fill in
University, program name, and OUAC code	
Required Grade 12 courses (prerequisites)	
How the average is calculated (top six? required courses?)	
Published range or minimum, and the year it is from	
Supplementary application, portfolio, or audition? (type, opens, due)	
Co-op or work experience? Class size and teaching style?	
Field-specific facts (from Section 3)	
Scholarship and award info (automatic or separate application)	
Why this program interests me (one sentence)	
Questions I still have	

Program card 6	Fill in
University, program name, and OUAC code	
Required Grade 12 courses (prerequisites)	
How the average is calculated (top six? required courses?)	
Published range or minimum, and the year it is from	
Supplementary application, portfolio, or audition? (type, opens, due)	
Co-op or work experience? Class size and teaching style?	
Field-specific facts (from Section 3)	
Scholarship and award info (automatic or separate application)	
Why this program interests me (one sentence)	
Questions I still have	

SECTION 6

6 A WORKED EXAMPLE

This example uses fictional universities and invented numbers to show the method. Notice how three programs from different families end up looking very different once the same facts sit side by side.

Fact	University A: Mechanical Engineering	University B: Life Sciences	University C: English and Cultural Studies
Entry route	Common first year, choose discipline in second year	General first year, choose major in second year	Direct entry
Required Grade 12 courses	Advanced Functions, Calculus, Physics, Chemistry, English	Biology, Chemistry, one math, English	English, plus any five 4U/M courses
Average method	Top six including all required courses	Top six including required courses	Top six
Extra requirement	Personal profile with video	None	Optional writing sample
Co-op	Yes, 6 terms	Optional	No
First-year cost note	Higher program fee, equipment	Lab fees	Few extra fees
My interest (1 to 5)	4	3	5
Fit with my goals (1 to 5)	4	3	4
Notes	Heavy supplement workload, calendar the deadline	Good base if I change my mind	Love the courses, check the electives

What the example shows. University A needs the most work because of the profile and video. University B keeps doors open. University C is the strongest interest match. A balanced list could include all three, as long as the student can do each application well.

SECTION 7

7 SIDE-BY-SIDE COMPARISON

Copy the key facts from your cards into this table. Seeing them next to each other is where patterns show up.

Factor	Program 1	Program 2	Program 3	Program 4
University and program				
Estimated admission average (using the worksheet in the Averages guide)				
Published range (and year)				
Supplementary application				
Earliest deadline				
Co-op				
Program fee or extra cost				
Residence guaranteed?				
Scholarship info				
My interest level (1 to 5)				
Fit with my goals (1 to 5)				

TIP This table holds four programs. The companion workbook holds ten. Add an "estimated average" for each program using the worksheet in the Averages guide. Required courses can change your number from one program to the next.

SECTION 8

8 QUESTIONS TO ANSWER BEFORE YOU SHORTLIST

For each program, you should be able to answer these in a sentence or two.

- ☐ Why do I want this program, and not a similar one?
- ☐ Do I meet every prerequisite, or can I complete the missing ones in time?
- ☐ How is the admission average calculated, and what is mine for this program?
- ☐ Is there a supplementary application, and can I do it well by the deadline?
- ☐ What would my first year look like, and does it excite me?
- ☐ What is the total cost, and how would I pay for it?
- ☐ Where would I live, and do I want to live there?

- [ ] What would I do if I did not get into this program?

If you cannot answer one, find out before you submit. If you cannot answer several, the program probably does not belong on your list yet.

SECTION 9

9 BUILD A BALANCED LIST

You can choose up to 3 programs at any one Ontario university, and there is no limit on the number of universities. Fees are $159 for your first 3 choices and $51 for each additional choice, so each program on your list should earn its place.

A simple way to balance your list:

Strong fit: 2 to 4 programs
Your average is comfortably within or above the published range, and you meet the requirements

Close fit: 2 to 3 programs
Your average is near the range, or you need a strong supplementary application

Stretch: 1 to 2 programs
Your average is below the range, but you love the program and accept the risk

These numbers are suggestions, not rules. A published range is an estimate based on past years and is not a guarantee in either direction.

Check your list for:

- **Variety:** Programs in more than one place, size, or style
- **Honesty:** Programs you would actually go to if accepted
- **Workload:** The total number of supplementary applications you can do well
- **Cost:** At least one option that fits your budget comfortably
- **Backup:** A program you would be happy with, even if it is not your first choice

COACH NOTE
Do not add a program just to fill a slot. A list of 6 programs you understand beats a list of 12 you skimmed.

SECTION 10

10 YOUR NEXT STEPS

- [ ] Choose 6 to 10 programs, across more than one university, and fill in a card for each
- [ ] Add your field's facts from Section 3 to each card
- [ ] Put them in the side-by-side table
- [ ] Mark which need a supplementary application, and add them to your tracker
- [ ] Add every deadline to your calendar
- [ ] Ask your guidance counsellor to look at your list

PREPARE FOR WHAT'S NEXT

- [ ] Revisit your list in November, when your midterm marks are in
- [ ] Review the UPrep Ontario University Application Timeline to see what to do next

TIPS, TRICKS & NOTES

Write the date next to every fact
Pages change, and you will want to know how current something is.

Look at the same facts for every program
That is what makes comparison possible.

Check prerequisites first
A missing prerequisite ends the conversation.

Do not decide by a single number
Ranges are estimates, and fit matters.

Email the admission office
They expect questions, and their answers can save you from a mistake.

Talk to people who went
Ask what surprised them.

Keep your list private if it helps
Comparing lists with friends can create stress.

Revisit your list
It is allowed to change as you learn more.

IMPORTANT INFORMATION

UPrep provides guidance, strategy, and feedback to help students present the strongest possible application. Admission decisions are made solely by universities based on many factors outside anyone's control, and no specific outcome can be guaranteed. Admission requirements and fees change, so confirm everything with the OUAC and each university before you act on it.

Sources (checked October 11, 2026):

- OUAC: Undergraduate Application Guide (ouac.on.ca/guide/undergrad-guide)
- OUAC: Undergraduate Fees (ouac.on.ca/guide/undergrad-fees)
- OUAC: Deadlines (ouac.on.ca/planning/deadlines)
- OUInfo (ouinfo.ca) and OUEvents (ouevents.ca)
- OUAC Guidance Dialogues Resource Guide, Fall 2026 (guidance.ouac.on.ca/docs/resource_guide.pdf)
- University program pages as listed in the UPrep Ontario University Atlas

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Ontario University Atlas

All Ontario universities side by side

FREE

How Admission Averages Actually Work

How averages work and how to calculate yours

FREE

Supplementary Application Checklist

Find, track, and prepare every supplementary application

PREMIUM

Business and Commerce Admissions Playbook

Eleven Ontario business programs, compared and explained

PREMIUM

Engineering and Computer Science Admissions Playbook

Engineering and computing at 12+ Ontario schools, explained

PREMIUM

Health and Life Sciences Admissions Playbook

Health, nursing, kinesiology and social work at 15+ schools

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