In ancient times there were no useful gui toolkits nor simple database interfaces, so creating gui and storing/retrieving data were very complex tasks.
So some clever programmers started separating these ugly code from the main logic of the program.
The naming of these separated parts were View and Model and they labeled the main logic of the program as Controller.

In U++, Model and View are so simple, that some people think, that they are not exist at all.
But View is simply in the .lay file, Model in the .sch file and Controller is your C++ code.

Of course, model can be a single file too and you can use the extremely simple serialization API in U++ for simple file storage.

The problem is, that on some universities, professors are sticked in the past, and can not understand, that MVC is a workaround to a currently not existing problem.

Edit: check SQLApp or HomeBudget in examples as simple examples.