

# CHOICES

I N D I G E N O U S E D U C A T I O N



**Six Nations Polytechnic  
receives  
World Indigenous Nations  
Higher Education  
Consortium  
Accreditation**

**Celebrating Student Achievements**  
**Faculty of Law Indigenizes Curriculum**  
**Connecting College with Culture**

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# CHOICES

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*Cover Photo:*  
*SNP President Rebecca Jamieson*  
*accepting accreditation with staff*  
*on stage*  
*( Photo submitted )*  
*More on page 5.*



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## Publisher's Letter

### She:koh

#### Welcome to Choices

Choices is all about aboriginal youth, their future and giving them career path choices.

In planning our magazine we spoke to youth about what is important to them and the results were resoundingly clear they want to build a brighter future.

Whether they are from the north or south, east or west, aboriginal youth and young adults told us, they want to improve not just their lives, but the lives of their

families and friends.

So our new magazine is geared to support our youth and features choices along their educational path that we hope will help them make their decisions for a brighter future.

With the aboriginal population the fastest growing in the country, Turtle Island News Publications is reaching out to our youth in numbers that no other publications have.

We firmly believe in our youth. They are indeed tomorrow's leaders who will make choices today that will

set the future of our nations and their energy is exhilarating.

Their caring for their communities and people is touching. They truly want a better tomorrow.

We hope that with the help of Choices, and our educational partners and corporation supporters our youth will be able to plan their path to a brighter future for themselves and our extended communities.

So welcome to Choices, a new frontier for, and with aboriginal youth!

# Grand River Post Secondary Education Office



## Education Assistance

P.O BOX 339, 2160 4th Line Road, Ohsweken, ON, NoA 1M0

Telephone: 519-445-2219

Toll Free: 1- 877-837-5180

Fax 519-445-4296

Email: [info@grpseo.org](mailto:info@grpseo.org)

*Continued Success at GRPSEO: Let's Take a Look!*

**Total Number of Confirmed Six Nations  
Post Secondary Graduates since 1992/93 → 2,425**

### 2015/2016 Achievements

- 1145 Applications were received.
- 747 Applications were approved
- 398 Applications were not approved
- 699 Were full time students
  - 48 Were part time students
- 39% Students live on reserve full time
- 61% Students live off reserve full time

### Other Sources of Funding

Funding is limited and there is no guarantee for approval. However, do not forget about the alternative sources of funding that are available which include:

- Indspire
- Dreamcatcher Fund
- Canlearn
- Ontario Student Assistance Program (OSAP)



## EDUCATION: A PATH TO TOMORROW

### Important GRPSEO Dates

**MUST APPLY ON LINE ! NO EXCEPTIONS FOR LATE APPLICATIONS!**

- Feb 1: Application Deadline for Summer semester.**  
Fall Marks/Progress Reports due for all continuing students. Winter course registration/timetable and detailed tuition fees due. Levels 3 & 4 provide Letter of Good Academic Standing
- May 1: Application Deadline for Fall/Winter semester(s).**  
Winter Marks/Progress Reports due for all continuing students. Summer course registration/timetable and detailed tuition fees due. Levels 3 & 4 provide Letter of Good Academic Standing.  
**12:05 am MAY 2nd to 9am JULY 1st**  
**ON-LINE APPLICATION IS NOT AVAILABLE**
- Aug 1: Document Deadline: Official Transcripts are due** from students for previous application period. **Community Service Activity form** is due for all students. ALL Fall applicants who fail to provide the required documentation by this deadline **WILL BE** Cancelled
- Oct 1: Application Deadline for Winter semester.**  
Summer Marks/Progress Reports due for all continuing students. Fall course registration/timetable and detailed tuition fees due. Levels 3 & 4 provide Letter of Good Academic Standing.

### Dates to Remember

- Sept 1 Back to Regular Office Hours: 8:30am to 4:30pm
- Oct 31 Deadline to Submit Graduate Photos for Publication
- Nov 13 Office closed: Observance of Remembrance Day
- Nov 10 Fall Semester Contact required from all students (check with your Post Secondary Funding Advisor)
- Dec Graduate Promotion/Graduate Photo Publication
- Dec 22 Office Closed
- Jan 2 Office Reopens
- Feb 19 Office Closed: Family Day
- Mar 9 Winter Semester Contact required from all students (Check with your Post Secondary Funding Advisor)
- May 21 Participation in Bread and Cheese **TBC**
- June 1 Summer Office Hours: 8 am to 4 pm
- June 21 Participation in Solidarity Day
- July 13 Norm's Golf for Grads: Office Closed **TBD**
- Aug 1 Scholarship Deadline

Please check the local newspapers, our website at [www.grpseo.org](http://www.grpseo.org), Facebook or give us a call at (519) 445-2219 for more information

*[www.grpseo.org](http://www.grpseo.org) / LIKE US on Facebook or Follow us on Twitter*

# SIX NATIONS POLYTECHNIC RECEIVES

# World Indigenous Nations Higher Education Consortium Accreditation



Six Nations Polytechnic Staff at accreditation ceremony



A formal presentation took place during the World Indigenous Peoples Conference on Education (WIPCE), co-hosted by Six Nations Polytechnic

*“This accreditation is recognized by Indigenous people from around the world, and is seen as a very powerful unification of Indigenous educators. I feel that it acknowledges what Six Nations Polytechnic has accomplished to date, and confirms that our peers agree that SNP has met a high standard of Indigenous education.”*

- Kevin Martin, Board Chair, Six Nations Polytechnic

programs become full voting members of the WINHEC Accreditation Authority Board with all the rights and privileges specified in the enclosed Guiding Principles.

*“Accreditation with WINHEC is significant as the accreditation process is framed from Indigenous perspectives, premises and values that align with the relevant Indigenous experience, Indigenous world views, knowledge and languages as well as ways of knowing and being. No other accreditation process can address these matters in the same way or to the same depth of responsibility and rigour required to maintain the integrity of Indigenous knowledge systems.*

- Rebecca Jamieson, President, Six Nations Polytechnic

OHSWEKEN, August, 2017 – One of the highlights of WIPCE 2017 for Six Nations Polytechnic was receiving WINHEC accreditation for a period of ten years. The WINHEC Accreditation means that an Indigenous-serving institution/school/program’s work:

- Is framed by the Indigenous philosophy of the Indigenous community it serves.
- Is soundly conceived and intelligently devised.
- Integrates Indigenous culture, language, and world-views into programing.

- Is purposefully being accomplished in a manner that should continue to merit confidence by the Indigenous constituencies being served.

When granted, accreditation applies to the entire institution/school/program in operation at the time of the most recent full-scale review. In this case, it indicates that the institution has been carefully and thoroughly examined and has been found to be achieving its own particular purposes in a

satisfactory manner.

Furthermore, accreditation by the WINHEC Accreditation Authority takes into account and supports the diversity which exists among Indigenous-serving educational institutions, schools, and programs. Quality is evaluated in terms of the purposes the institution seeks to accomplish. Once deemed to have met the criteria established by the WINHEC Accreditation Authority, candidate institutions and

# SIX NATIONS POLYTECHNIC

# celebrates student achievements

OHSWEKEN, Summer, 2017 – Six Nations Polytechnic (SNP) held its Annual Celebration for students completing their studies. Many of the students being celebrated are continuing on to SNP's partner institutions to do further study, while others will be entering the workforce.

Students who are complet-

ing their year of study with SNP in the University Consortium program will be finishing their undergraduate studies at one of the six partner institutions, which include: Brock University, McMaster University, University of Guelph, University of Waterloo, University of Western Ontario, and Wilfrid Laurier University.

Other programs being celebrated today include the Early Childhood Education program, run in partnership with Niagara College and the Indigenous Visual Arts program, in partnership with OCAD U.

A separate convocation ceremony was held for students graduating from the Bachelor of Arts in Ojwe-

howeh Languages program on June 7th. This event marked the first time a Bachelor of Arts degree was conferred on Indigenous territory, by an Indigenous Institution, for Indigenous languages, and was a monumental milestone in the history of Six Nations Polytechnic.



## AWARD DESCRIPTIONS & RECIPIENTS:

### Harvey Longboat Sr. Memorial Scholarship –

Six Nations Polytechnic  
Recipient Name:

**Vanessa Smith** Year:  
2017 Amt. \$500.00

This award is dedicated in memory of Harvey Longboat Sr. During his term with the Six Nations Polytechnic Board of Governors, Harvey created the "Philosophy" by which Six Nations Polytechnic strives to func-

tion, in addition to inspiring and guiding the institute with his educational experience and knowledge of the culture. Six Nations Polytechnic's Harvey Longboat Sr. Memorial Scholarship is awarded to a full-time student enrolled in the Native University Program who has achieved the highest overall average achieved during the academic year, earning a minimum of 4 credits.

### Marge & Reg Henry

### Cayuga Language Award –

Six Nations Polytechnic

Recipient Name: **Samantha Williams** Year: 2017

Amt. \$250.00

Dedicated in memory of Marge and Reg Henry, highly respected for their knowledge in longhouse traditions and languages. Both fluent in the Cayuga language, they worked diligently at promoting the preservation of the language and left the legacy of the Henry Orthography, a

phonetic writing system used to write the Cayuga language.

Six Nations Polytechnic's Marge and Reg Henry Cayuga Language Award is awarded to a full-time Six Nations Polytechnic student achieving the single highest grade in a Cayuga language course of the Native University Program demonstrating a commitment to maintaining and preserving the Cayuga language.



“ We at Six Nations Polytechnic could not be more proud of each and every one of our students this year. Their hard work and dedication to these programs exemplifies the commitment that we all have towards the preservation of Indigenous knowledge, languages, cultural and art, congratulations to all. ”

*Rebecca Jamieson,  
President/CEO*

**Vina Loft Mohawk Language Award –**

Six Nations Polytechnic Recipient Names: **Jocelyn Carter** Year: 2017 Amt. \$250.00

This award is in memory of Vina Loft. Vina was a fluent Mohawk speaker who worked at promoting the spoken language in many ways. Her first dedication to the retention of the language was to teach all of her own children to speak the language. Six Nations Polytechnic's Vina Loft Mohawk Language Award is awarded to a full-time Six Nations Polytechnic student achieving the single highest grade in a Mohawk Language course of the Native University Program demonstrating a commitment to maintaining and preserving Mohawk language.

**Watson Parojcic Financial Bursaries.**

Outstanding Achievement-Highest Average Watson Parojcic Bursary is well known to many of the First Nations to whom they provide services and are pleased to offer something back to the community for those organizations they work with.

This bursary is awarded to full-time students of post secondary programs offered at Six Nations Polytechnic who have demonstrated excellence in academics and have made a contribution to the Aboriginal community.

Recipient: **Katelyn R. Johnson** – ECE Year: 2017 Amt. \$500.00

**Russell T. Davis** – BA OL Degree Mohawk Year 1

**Larry W. Longboat** – BA OL Degree Cayuga Year 1

**Laurie L. Powless** – BA OL Degree Cayuga New Year 3

**Katsitsionhawi**

**Hill-McNaughton** – BA OL Degree Mohawk New Year 3

**Elizabeth L. Daniel** – Indigenous Visual Arts

Six Nations Polytechnic is a unique post-secondary organization, recognized by community, government and institutions of higher learning, as a centre of excellence for Indigenous Knowledge. SNP has over 20 years of postsecondary success in partnership with twenty percent of Ontario's publicly funded universities and colleges. SNP's mandate of Indigenous Sustainability calls for the perpetual use of Indigenous Knowledge (understood and expressed through language, values and actions) that provides capacity to live in harmony with the natural world, while restoring and maintaining a healthy existence in a nation with diverse citizenship and needs. Website: <http://www.snpolytechnic.com/>



**Aboriginal Institutes' Consortium – Student Scholarship Award**  
Recipient Name: **Thomas Anderson** Year: 2017 Amt. \$500.00  
Six Nations Polytechnic, on behalf of the Aboriginal Institute's Consortium honours a student in order to provide encouragement and assistance with their post-secondary education who has completed Full-Time studies successfully.

**Aboriginal Institutes' Consortium – Instructor Award**  
Recipient Name: **Carolyn General** Year: 2017 Amt. \$500.00  
Six Nations Polytechnic, on behalf of the Aboriginal Institutes' Consortium (AIC) is pleased to acknowledge exemplary service performed by Instructors through high level of commitment to successful program delivery and student achievement.

**Sun Life Financial Award**  
Sun Life Financial is pleased to recognize outstanding academic achievement for students enrolled in a post-secondary program at Six Nations Polytechnic.  
Recipient Name: **Sean Thompson** – BAOL - Mohawk Year: 2017 Amt. \$500.00  
**Bruce Longboat** – BAOL - Cayuga  
\*Sun Life award given out at Convocation ceremony



# FACULTY OF LAW

# Indigenizes Curriculum

# AT THE UNIVERSITY OF WINDSOR

**F**aculty of Law members at the University of Windsor have embarked on a two-year curriculum review in order to Indigenize teaching content based on the calls to action by the Truth and Reconciliation Commission of Canada. First-year and upper-year law courses and activities were examined to ensure that Indigenous legal traditions and perspectives are fully acknowledged and respected in teaching, research and community engagement

initiatives.

The enhanced Indigenization of the curriculum is an on-going effort and will allow faculty members to incorporate Indigenous teaching material, case examples and scholarship into law courses.

Windsor Law, which sits on the traditional territory of the Three Fires Confederacy, comprised of the Ojibway, the Odawa, and the Potawatomi, has a strong commitment to enhance Indigenous voices and scholarship in the Windsor community and within the

legal profession.

Windsor Law was the first faculty on campus to hire full-time Indigenous scholars. Professor Valarie Waboose and Professor Jeffery Hewitt joined the Faculty in July 2016, and Professor Bev Jacobs in 2017. Indigenous faculty members help bring the culture to life and educate students with courses such as: Indigenous Legal Traditions, Reconciliation and the Residential School Legacy, as well as Aboriginal Law, which examines how the law

has impacted the relationship between Canada and Indigenous peoples.

The University of Windsor has also committed to hiring more Indigenous professors as part of the President's Indigenous Peoples Scholars Program. The program, that launched this summer, aims to increase diversity in academia.

The University of Windsor and the Faculty of Law offer a welcoming and educational environment that embraces Indigenous culture and tradi-

tions. It is home to Turtle Island, the campus Aboriginal Education Centre, that provides support to self-identified Aboriginal students in a culturally supportive atmosphere.

In addition, the law school has launched a number of Indigenous initiatives including an Elder in Residence program in collaboration with local First Nations, an introduction to Indigenous law during student orientation week and Indigenous Student activities. As well, Windsor Law has clubs and associations for students such as the Aboriginal Law Students' Association, a student support group that fosters a sense of community, and the Aboriginal Law Club,

which promotes awareness of legal, social and political issues as they relate to Aboriginal peoples.

Students can participate in Aboriginal Moots as well as a hands-on Anishinaabe Law Camp on Walpole Island First Nation designed to educate and engage Windsor Law students, faculty and staff about reconciliation related teaching and learning experiences.

Windsor Law is home to a small but vibrant community of Indigenous and Métis students, faculty and staff, and warmly welcomes applications from prospective Indigenous students and scholars.

For more information visit [www.uwindsor.ca/law](http://www.uwindsor.ca/law)

## Thinking about attending University in Ontario?

Ontario's public universities offer:

- undergraduate degrees
- graduate degrees
- co-op programs
- professional programs

You can check with a specific university for a full catalogue of their courses and programs.

Each university sets its own admission standards. These vary depending on the type of degree, program and your personal situation (e.g., enrolling in a program for the first time versus applying as a mature student). Please contact a school directly to see what you need to apply.

[www.ontario.ca/page/ontario-universities](http://www.ontario.ca/page/ontario-universities)

Some law schools **care** about social justice.

**WE LIVE IT.**



**Windsor Law**

University of Windsor

Windsor Law sits on the traditional territory of the Three Fires Confederacy which is comprised of the Ojibway, the Odawa, and the Potawatomi.

**DREAM. LEARN  
ACHIEVE**

Your **DREAMS** start **HERE!**

[www.WindsorLaw.ca](http://www.WindsorLaw.ca)

# Connecting College with Culture

One of the toughest choices facing students is what to do after graduating from high school. With all the college and university programs across Canada, making a choice is quite the daunting task. George Brown College in downtown Toronto, Ontario, focuses on providing students with a post-secondary experience tailored to each individual's needs and background.

It is important when choosing a school that a student

looks at more than just what happens in the classroom. Although important, the program is just one part of the learning experience. Your new school is more than an educational institution; it will be your home away from home while you study there.

With Indigenous student study centres located at both the St. James and Casa Loma campuses, resources are readily available to help the transition into college-life, so that you can make the most of

your college experience, while strengthening and maintaining your connection to your culture.

"We support Indigenous students through our traditional value systems and teachings to achieve their academic goals," says Bob Crawford, Indigenous counsellor at the Wi Chi Hito Win Centre on our Casa Loma campus.

Services accessible at these centres include:

- counselling (academic, personal, career and tradi-

tional with a Knowledge and Wisdom Keeper)

- cultural workshops and teachings, such as tobacco planting and Four Sacred Medicine Teachings

- access to information about bursaries, scholarships and awards available to Indigenous students, as well as job postings and employment opportunities

Our Indigenous student centres provide safe spaces where staff and students are respectful of Indigenous rights



Casa Loma Campus - George Brown College

and the diversity of teachings, languages and cultures across Canada.

“This is a place for students to learn about themselves and retrace their steps,” says Pauline Shirt, Knowledge and Wisdom Keeper at the Sahkitcheway Centre on our St. James campus.

In addition to providing a

to meet, study and learn more or connect to their culture, the Indigenous Services and Education team focuses on increasing awareness among George Brown staff and students. These student centres are open to everyone, regardless of ethnicity or religion, to come and learn about tradition Indigenous cultures.

the Sahkitcheway Indigenous Education Council (IEC). The council was created to address Indigenous education issues within our institution, collaborating with the Indigenous community to better serve Indigenous students. The IEC focuses on ensuring that respect for Indigenous cultures, needs and issues are reflected in curriculum, classroom practices and services across George Brown.

In the heart of Canada’s largest city, it’s easy to feel lost among all the hustle and bustle. By studying in downtown Toronto, you will have access to top employers for field education opportunities. Despite Toronto’s fast-paced environment, our Indigenous student study centres gives students a space to feel at home in. By choosing to attend George Brown, you will be among a diverse population of students – many of which are international students or

Canadians from diverse backgrounds and religions. We focus on creating inclusive spaces for students from all walks of life, both in our classrooms and on our campuses.

At George Brown College, you will have the opportunity to develop the technical and people skills needed to pursue a successful career in your field of study. We hire expert instructors and provide students with hands-on learning and real-world experience. We offer more than 150 programs to choose from, many of which offer field education – instrumental to student success. According to Colleges Ontario, 81 per cent of our students find employment within six months of graduation.

To learn more, visit [georgebrown.ca/indigenous](http://georgebrown.ca/indigenous), or contact Indigenous Services via email at [Indigenous.services@georgebrown.ca](mailto:Indigenous.services@georgebrown.ca) or by phone at 416-415-5000 ext. 3969.



**St James Campus - George Brown College**

space for Indigenous students

In 1992, the College formed



**Waterfront Campus - George Brown College**

# A Place of Knowledge & Support

George Brown College's Indigenous Services and Education team invite you to join our campus community in the heart of downtown Toronto.

Our team assists Indigenous students in navigating resources, providing information on college-wide activities, as well as other services such as counselling, cultural teachings and workshops.



Our services include:

- Counselling (academic, personal, career and traditional with our Knowledge & Wisdom Keeper)
- Cultural workshops and teachings
- Community events, including our annual Pow Wow
- Assistance with applying for bursaries, scholarships and awards
- Resource materials (books, handouts and pamphlets on Indigenous teachings)
- Access to job postings and employment opportunities

We equip you with the skills and tools you need to achieve your academic, work and life goals. Discover why our graduates are rated #1 by employers in the Greater Toronto Area (GTA).

[georgebrown.ca/indigenous](http://georgebrown.ca/indigenous)



**Indigenous**  
Services & Education

# Comparing the costs of going away and staying home for school

(NC) As a parent with a teenager heading to post-secondary school, you've probably begun the tricky conversation of whether they will live in residence, off-campus or stay at home. Either way, you can expect a crop of new or additional expenses. Set realistic expectations now by working together to create a budget and develop financial goals that will get them on the road to healthy money management.

## Here are some tips for handling expenses in both living situations.

### If staying at home:

Talk about household expenses. Sharing information with your teen around how much it costs to run the household will be helpful in forecasting future expenses for when they live on their own.

### Save for later.

Living at home while in school is an opportunity for them to save for their future. Encourage your teen to put money aside on a regular basis to give them a head start when it's time to move out.

### Living away at school:

Prepare for the new routine and location. Work together to identify local transportation, grocery stores and other amenities. If they're living with roommates, suggest they de-

cide in advance how costs will be shared so there aren't any surprises.

### Plan for the unexpected.

Students who live away are likely on a tighter budget. Whether it's a late-night pizza or taxi home, having a plan to pay for contingencies will be key.

### Look for creative ways to stretch dollars and offset costs.

For example, redeem rewards points with your credit or loyalty card for practical merchandise like a coffee maker, gift cards for groceries or clothes, or even a train ticket or a gas card for trips back home. As a reward after a tough exam, redeem points for a gift card to your student's favourite restaurant.

By developing a rewards-based attitude towards saving, you'll encourage them to be mindful of their spending and disciplined about debt. It's also important they understand all factors that impact the cost of borrowing money should they need to, whether by using a credit card for daily spending or taking out a loan for tuition. Talk to your bank about how credit cards work, and ask about an automatic savings plan to help them stay on track with their spending.

Find more information at [www.rbroyalbank.com/student-solution](http://www.rbroyalbank.com/student-solution).



## Indigenous Students Health Sciences Office

### ISHS Student Services

Come Explore Health Careers  
 Medical School Entrance Interview Workshop  
 Career & Academic Advising  
 Cultural & Peer Support  
 Elders-in-Residence Program  
 Indigenous Mentor Program  
 Indigenous Health Elective  
 Interprofessional Day in Education  
 Graduate & Professional Program  
 Clinical Skills Support  
 Alumni Circle  
 Developing Leaders

Get connected with ISHS on Social Media  
 Facebook, Twitter, Instagram, and YouTube:  
[@ISHSMcmaster](https://www.instagram.com/ISHSMcmaster)



### McMaster Health Sciences Programs

McMaster has 32 undergraduate to post-professional programs which include:  
 Undergraduate Medical Program  
 Midwifery Education Program  
 Bachelor of Science Nursing Program  
 Physician Assistant Education Program  
 Bachelor of Health Sciences  
 Rehabilitation Science:  
 Occupational Therapy & Physiotherapy  
 Masters of Public Health

### Connect:

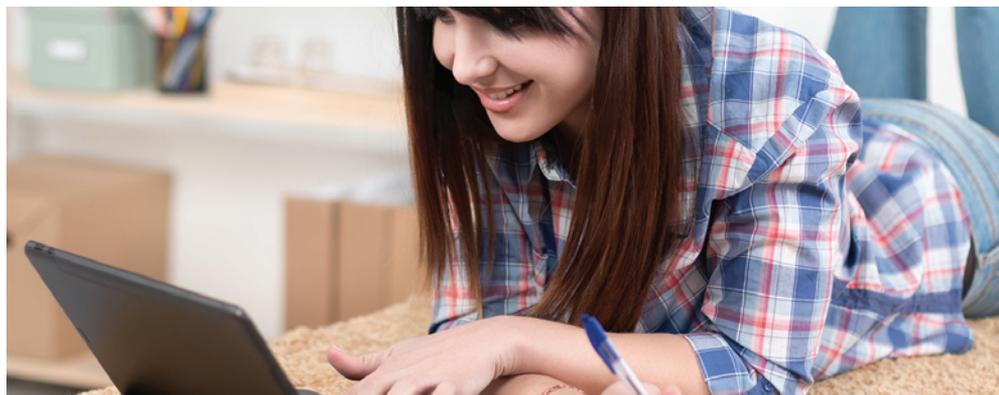
<https://ishs.mcmaster.ca>  
 905.525.9140 Ext. 23935  
[ishs@mcmaster.ca](mailto:ishs@mcmaster.ca)



# Why **online education** could work for you

As the new season sets in, education is on the minds of many Canadians. For those who are considering continuing their education, learning in the classroom isn't always an option. Between work, family, and social commitments, there isn't much free time. Learning must be flexible and dynamic. For many of us a popular alternative to in-class learning is distance education. Distance education can help students meet their educational goals while giving them the freedom to continue their life:

**1.** It is convenient: Online learning allows for flexibility. Students can learn anywhere at any time on a computer or tablet with internet access. Whether it's picking up an extra credit, improving high school grades or studying new subjects to help facilitate a



career change, learning can easily fit into an individual's schedule. TVO's Independent Learning Centre (ILC), for example, offers accredited high school courses in a variety of subjects – from mathematics to the arts – helping adult students meet a variety of personal and professional goals.

**2.** It is affordable: With costs starting as low as \$40 per course registration,

picking up an extra credit doesn't have to break the bank. Although education costs aren't limited to tuition, online learning allows students to save on commuting, some learning materials (e.g. textbooks) and additional fees like childcare.

**3.** Students can learn at their own pace: Every student has a preference for how they like to learn; solo study-

ing allows you to cater your learning to your individual needs, whether it's a half hour at a time or three solid hours. In addition, interacting with teachers and students can be intimidating. Online communication with other students and teachers allows for more time to collect your thoughts and formulate questions.

-(NC)-

## Help set your kids up for post-secondary success

As parents, it can be hard deciding how much to intervene in your student's life. You know that pulling all-nighters to study, juggling a job, socializing and a less-than-stellar diet can put a strain on their health — and a drain on their wallet.

Developing healthy habits from a mental, physical and financial standpoint will help keep your young adult at the top of their game. Here are some tips for supporting them through their studies.

Encourage a healthy mind. A fifth of Canadian post-secondary students are depressed,

anxious, or battling other mental health issues, according to the National College Health Assessment. Before starting school, find out what resources are available and have a plan in case they need it. Suggest they take a few minutes each day to reflect or meditate to help reduce stress and elevate their mood.

Maintain a stronger body. Regular exercise will help your child feel in top form, but it's also important for their mental outlook. While it may be hard to squeeze yoga or a workout into a hectic school schedule, suggest they think of ways to

incorporate exercise into activity they're already doing, such as walking or biking to class.

Achieve financial wellness. A recent RBC poll showed that more than two-thirds of students are worried about having enough money for school. Developing the habit to save now will set them up for future financial success. Start a candid conversation about budgets and suggest your student pay attention to their spending habits and track where their money is going. If working part time, you can recommend they try to "pay themselves first" by saving a percentage of each

paycheque. Talk to your bank about an automatic savings plan to help your student stay on track with their goals.

Find more information at [www.rbcroyalbank.com/student-solution](http://www.rbcroyalbank.com/student-solution).

-(NC)-





# Office of Aboriginal Initiatives

BE A PART OF SOMETHING SPECIAL

ABOR-641-MAY15

The Office of Aboriginal Initiatives is **committed** to having Laurier be an **extraordinary** and **empowering** experience for all Aboriginal students. We believe that education, in a **welcoming** environment, that **honours Indigenous people**, is the path for our people to be all that we can be. We are here to assist you in all areas of life as students and to ensure you have **the best student experience** that university can offer.

– Jean Becker

Senior Advisor: Aboriginal Initiatives

## ACADEMIC SPECIALIZATIONS:

- Aboriginal Field of Study, MSW Program, Kitchener Location
- Indigenous Studies, Minor, Brantford Campus

For more information come and see us or check out our website to view our monthly schedule of events!

f [wlu.aboriginal.waterloo](http://wlu.aboriginal.waterloo)  
[wlu.aboriginal.brantford](http://wlu.aboriginal.brantford)  
 t [wluaboriginal.tumblr.com](http://wluaboriginal.tumblr.com)

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## Aboriginal Student Centres Support Services

Access to smudging • Community outreach • Resource Library  
 Scholarship and bursary assistance • Computer and wifi access  
 Quiet Study Room • Admissions assistance • SEEDS Program  
 Aboriginal Recruitment & Retention • Student Leadership Teams  
 Resources for faculty and staff • Advocacy and referrals  
 Academic and personal counseling • Visiting Elders Program  
 Peer Mentor Program • Aboriginal Student Association (ASA)  
 Regular gatherings and feasts • Community Garden



[wlu.ca/aboriginal](http://wlu.ca/aboriginal)

**LAURIER**   
*Inspiring Lives!*



Jonathan Nolan, Native Student Council President  
and Carolyn Hepburn, Director, Native Education and  
Academic Upgrading.

# Real culture

**Embracing traditions and values.  
This is where we gather.**

Sault College proudly offers a unique learning environment that celebrates the languages, cultures and traditions of Indigenous and Metis students.

We were recently awarded Gold for the Indigenous Education Excellence Award from Colleges and Institutes Canada.



**INDIGENOUS STUDIES**  
SAULT COLLEGE



**SAULT**  
COLLEGE