

COURSE SYLLABUS

Indigenous Community Wellness



COURSE TITLE: ICW 115-Cultural Teachings 2 Applying

CLASS SECTION: X17

TERM: Winter 2024

COURSE CREDITS: 3

DELIVERY METHOD(S): In person at Saanich Adult Education Centre

Camosun College campuses are located on the traditional territories of the Lək̓ʷəŋən and WSÁNEĆ peoples. We acknowledge their welcome and graciousness to the students who seek knowledge here. Learn more about Camosun's [Territorial Acknowledgement](#).

Camosun College requires mandatory attendance for the first-class meeting of each course. If you do not attend, and do not provide your instructor with a reasonable explanation in advance, you will be removed from the course and the space offered to the next waitlisted student.

INSTRUCTOR DETAILS

NAME: Megan Saulnier

EMAIL: SaulnierM@camosun.ca

OFFICE: SAEC

HOURS: Wednesday 1230-130 by appointment and other times as necessary on the phone and over zoom

As your course instructor, I endeavour to provide an inclusive learning environment. However, if you experience barriers to learning in this course, do not hesitate to discuss them with me. Camosun College is committed to identifying and removing institutional and social barriers that prevent access and impede success.

CALENDAR DESCRIPTION

Students will apply their learning of traditional teachings, frameworks and concepts related to community wellness work. They will work with old ones and Knowledge Keepers to integrate indigenous teachings into their personal philosophy of wellness rooted in teaching from the land and water. This course enables students to engage in cultural teachings to support personal connection with others.

PREREQUISITE(S): ICW 111

CO-REQUISITE(S):

EQUIVALENCIES:

COURSE LEARNING OUTCOMES / OBJECTIVES

1. To Introduce themselves, their identity, their self-location and their emerging personal wellness philosophy.
2. Use Indigenous cultural teaching and concepts of health to create a plan that will support their own personal wellness in professional practice.

3. Articulate the importance of cultural teachings and connections to Indigenous old-ones and knowledge keepers, land, waters and each other.
4. Work with community respectfully, honoring self-determined community goals

REQUIRED MATERIALS & RECOMMENDED PREPARATION / INFORMATION

The Saltwater People as told by Dave Elliott Sr.

Indigenous Wellness Activity Guide

https://cyfn.ca/wp-content/uploads/2016/10/Growing-Wellness-Activity_Guide_DIGITAL_FILE.pdf

COURSE SCHEDULE, TOPICS, AND ASSOCIATED PREPARATION / ACTIVITY / EVALUATION

The following schedule and course components are subject to change with reasonable advance notice, as deemed appropriate by the instructor.

WEEK or DATE RANGE	ACTIVITY or TOPIC	OTHER NOTES
Week 1- January.10 th ,2024	Welcome Back and Review Course Outlines Introduce Wellness Plan Celebration of our Wellness Journey	
Week 2- January.17 th ,2024	Review Indigenous Wellness Activity Guide Work on Wellness Plan Land as Body: Indigenous Wellness Research https://www.youtube.com/watch?v=T2hkQmoGuLQ	
Week 3- January.24 th ,2024	Elder in class: Alex and Nella Nelson Choosing The Wellness Path with Tom Oleman Indigenous Wellness Series	
Week 4-January.31 st ,2024	Personal Wellness Plan Due* Present Wellness Plans in Circle. How will we hold each other accountable?	
Week 5- February.7 th ,2024	Drum Making with Rob Sam	
Week 6- February.14 th ,2024	Medicine Making with Della Rice-Sylvester	
Week 7- February.21 st ,2024	Reading Break	
Week 8 – February.28 th ,2024	https://www.youtube.com/watch?v=ZMUUsxDXv2w Life Promotion: A Strength Based Approach to Indigenous Wellness. Metis Elders Bertha and Joe	
Week 9- March.6 th ,2024	Community Engagement Project Planning Guest: Mavis Henry and Remi Paul	
Week 10- March.13 th ,2024	Preparing to connect with community: Doing our work https://tsawout.ca/ https://tsartlip.com/ https://labrc.com/first-nation/tseycum/	

WEEK or DATE RANGE	ACTIVITY or TOPIC	OTHER NOTES
	https://www.pauquachin.ca/ https://www.songheesnation.ca/ Research and Protocols	
Week 11- March.20th,2024	Visiting with Indigenous Leaders in Community Guests: Chief and Council representatives	
Week 12- March.27 th ,2024	Reaching out to community and meeting with key individuals.	
Week 13- April.3 rd ,2024	Debriefing our visits and identifying next steps to be taken in May and June.	
Week 14- April.10 th ,2024	Closing Circle	

Students registered with the Centre for Accessible Learning (CAL) who complete quizzes, tests, and exams with academic accommodations have booking procedures and deadlines with CAL where advanced noticed is required. Deadlines can be reviewed on the [CAL exams page](https://camosun.ca/services/academic-supports/accessible-learning/academic-accommodations-exams). <https://camosun.ca/services/academic-supports/accessible-learning/academic-accommodations-exams>

EVALUATION OF LEARNING

DESCRIPTION	WEIGHTING
Attendance and Engagement	25%
Personal Wellness Plan	20%
Community Engagement Project	25%
Medicine/Drum Workshop	15%
Reflective Journal 2	15%
	TOTAL 100%

If you have a concern about a grade you have received for an evaluation, please come and see me as soon as possible. Refer to the [Grade Review and Appeals](https://camosun.ca/sites/default/files/2021-05/e-1.14.pdf) policy for more information.
<https://camosun.ca/sites/default/files/2021-05/e-1.14.pdf>

COURSE GUIDELINES & EXPECTATIONS

This is an interactive course that uses a variety of teaching/learning strategies, lectures, discussion, co-operative learning, and guest speakers. Please arrive at class on time and be prepared to participate in discussions and activities. Classes are planned as a continuum for building the skill and knowledge required to meet the competencies for ICW Graduates. Students are required to contact the instructor in advance if they are unable to attend classes.

Attendance and Engagement:

Students will be encouraged to attend all classes and to participate in class discussions and activities in a good way. They will be supported to come to class prepared with readings done and will engage in self-reflection and self-regulation. Students will be supported to practice wellness, reciprocity, setting healthy boundaries with one another and practicing being good wellness workers. This is worth 20% of your grade.

Personal Wellness Plan:

Students will build a 10-week personal wellness plan. The plan must include the four aspects of self: physical, mental, emotional and spiritual. Students will be given a wellness activity guide with five steps to help you identify your own personal wellness plan and they will present their wellness plan to the class on week 4. In your presentation you will introduce yourselves and talk about what your wellness philosophy. You are encouraged to identify 4 things that you are going to do to engage in your own wellness and four things that you will do that will promote wellness in your family and community. Provide concrete and meaningful examples that are attainable.

Community Engagement Project

Students will work in two to three groups on a community engagement project that will span into the spring semester. You will begin by researching and identifying a band or Indigenous organization and become familiar with their community goals, strategic plan or vision around wellness. Students are supported to contact the organization once they have identified their gifts; they have to offer the organization. Students will offer their service to the organization to fill a need identified by the nation to promote wellness. Students will engage respectfully understanding the nations need for self-determination. Student will continue this project into the spring semester to ensure that this project is meaningful and allow the time needed to achieve the goal of working with community to support goals of self-determination. Student will identify a person or persons within the Nation or Organization that could supervise their project and who will be the contact person. By the end of the semester, you will have a project management plan that you will start in May. Details to be discussed in class.

Medicine/Drum Workshop

Write three pages APA style, with a title page and references. You will choose wither the Medicine Workshop or Drum Making workshop and write about how specifically this contributes to wellness. Use examples of how they do and how you might incorporate this into your future work. Use an article or book from the ICW course that supports what you are saying.

Reflective Journal 2

Students will keep a journal of their learning and will be given time in class to make entries. Please consider the following questions: What did you learn about yourself today? What is one thing that you learned about your instructor, classmate or guest speaker?

SCHOOL OR DEPARTMENTAL INFORMATION

Eyē? Sqâ'lewen: The Center of Indigenous Education and Community Connections (IECC) is an important resource and support for you. Indigenous academic advisors, counselling support, student activities, food, and access to bursaries and scholarships are all a part of this support. Please send admin@iecc.ca an email and ask to be put on the Indiginews letter if you are interested. This is a newsletter that is sent out to Indigenous students and lists important information and events.

STUDENT RESPONSIBILITY

Enrolment at Camosun assumes that the student will become a responsible member of the College community. As such, each student will display a positive work ethic, assist in the preservation of College property, and assume responsibility for their education by researching academic requirements and policies; demonstrating courtesy and respect toward others; and respecting expectations concerning attendance, assignments, deadlines, and appointments.

SUPPORTS AND SERVICES FOR STUDENTS

Camosun College offers a number of services to help you succeed in and out of the classroom. For a detailed overview of the supports and services visit camosun.ca/services.

Support Service	Website
Academic Advising	camosun.ca/services/academic-supports/academic-advising
Accessible Learning	camosun.ca/services/academic-supports/accessible-learning
Counselling	camosun.ca/services/health-and-wellness/counselling-centre
Career Services	camosun.ca/services/co-operative-education-and-career-services
Financial Aid and Awards	camosun.ca/registration-records/financial-aid-awards
Help Centres (Math/English/Science)	camosun.ca/services/academic-supports/help-centres
Indigenous Student Support	camosun.ca/programs-courses/iecc/indigenous-student-services
International Student Support	camosun.ca/international
Learning Skills	camosun.ca/services/academic-supports/help-centres/writing-centre-learning-skills
Library	camosun.ca/services/library
Office of Student Support	camosun.ca/services/office-student-support
Ombudsperson	camosun.ca/services/ombudsperson
Registration	camosun.ca/registration-records/registration
Technology Support	camosun.ca/services/its
Writing Centre	camosun.ca/services/academic-supports/help-centres/writing-centre-learning-skills

If you have a mental health concern, please contact Counselling to arrange an appointment as soon as possible. Counselling sessions are available at both campuses during business hours. If you need urgent support after-hours, please contact the Vancouver Island Crisis Line at 1-888-494-3888 or call 911.

COLLEGE-WIDE POLICIES, PROCEDURES, REQUIREMENTS, AND STANDARDS

Academic Integrity

Students are expected to comply with all College policy regarding academic integrity; which is about honest and ethical behaviour in your education journey. The following guide is designed to help you understand your responsibilities: <https://camosun.libguides.com/academicintegrity/welcome>

Please visit <https://camosun.ca/sites/default/files/2021-05/e-1.13.pdf> for Camosun's Academic Integrity policy and details for addressing and resolving matters of academic misconduct.

Academic Accommodations for Students with Disabilities

The College is committed to providing appropriate and reasonable academic accommodations to students with disabilities (i.e. physical, depression, learning, etc.). If you have a disability, the [Centre for Accessible Learning](#) (CAL) can help you document your needs, and where disability-related barriers to access in your courses exist, create an accommodation plan. By making a plan through CAL, you can ensure you have the appropriate academic accommodations you need without disclosing your diagnosis or condition to course instructors. Please visit the CAL website for contacts and to learn how to get started:

<https://camosun.ca/services/academic-supports/accessible-learning>

Academic Progress

Please visit <https://camosun.ca/sites/default/files/2023-02/e-1.1.pdf> for further details on how Camosun College monitors students' academic progress and what steps can be taken if a student is at risk of not meeting the College's academic progress standards.

Course Withdrawals Policy

Please visit <https://camosun.ca/sites/default/files/2021-05/e-2.2.pdf> for further details about course withdrawals. For deadline for fees, course drop dates, and tuition refund, please visit <https://camosun.ca/registration-records/tuition-fees#deadlines>.

Grading Policy

Please visit <https://camosun.ca/sites/default/files/2021-05/e-1.5.pdf> for further details about grading.

Grade Review and Appeals

Please visit <https://camosun.ca/sites/default/files/2021-05/e-1.14.pdf> for policy relating to requests for review and appeal of grades.

Mandatory Attendance for First Class Meeting of Each Course

Camosun College requires mandatory attendance for the first class meeting of each course. If you do not attend, and do not provide your instructor with a reasonable reason in advance, you will be removed from the course and the space offered to the next waitlisted student. For more information, please see the "Attendance" section under "Registration Policies and Procedures" (<https://camosun.ca/registration-records/policies-and-procedures-students/registration-policies-students>) and the Grading Policy at <https://camosun.ca/sites/default/files/2021-05/e-1.5.pdf>.

Medical / Compassionate Withdrawals

Students who are incapacitated and unable to complete or succeed in their studies by virtue of serious and demonstrated exceptional circumstances may be eligible for a medical/compassionate withdrawal. Please visit

<https://camosun.ca/sites/default/files/2021-07/e-2.8.pdf> to learn more about the process involved in a medical/compassionate withdrawal.

Sexual Violence and Misconduct

Camosun is committed to creating a campus culture of safety, respect, and consent. Camosun's Office of Student Support is responsible for offering support to students impacted by sexual violence. Regardless of when or where the sexual violence or misconduct occurred, students can access support at Camosun. The Office of Student Support will make sure students have a safe and private place to talk and will help them understand what supports are available and their options for next steps. The Office of Student Support respects a student's right to choose what is right for them. For more information see Camosun's Sexualized Violence and Misconduct Policy: <https://camosun.ca/sites/default/files/2021-05/e-2.9.pdf> and camosun.ca/services/sexual-violence-support-and-education. To contact the Office of Student Support: oss@camosun.ca or by phone: 250-370-3046 or 250-370-3841

Student Misconduct (Non-Academic)

Camosun College is committed to building the academic competency of all students, seeks to empower students to become agents of their own learning, and promotes academic belonging for everyone. Camosun also expects that all students to conduct themselves in a manner that contributes to a positive, supportive, and safe learning environment. Please review Camosun College's Student Misconduct Policy at <https://camosun.ca/sites/default/files/2021-05/e-2.5.pdf> to understand the College's expectations of academic integrity and student behavioural conduct.

Looking for other policies?

The full suite of College policies and directives can be found here: <https://camosun.ca/about/camosun-college-policies-and-directives>

Changes to this Syllabus: Every effort has been made to ensure that information in this syllabus is accurate at the time of publication. The College reserves the right to change courses if it becomes necessary so that course content remains relevant. In such cases, the instructor will give the students clear and timely notice of the changes.