

# COURSE SYLLABUS

Indigenous Community Wellness

COURSE TITLE: ICW 119-Cultural Teachings 3 Practicing

CLASS SECTION: X01

TERM: Spring 2024

COURSE CREDITS: 3

DELIVERY METHOD(S): in person, on the land



Camosun College campuses are located on the traditional territories of the Lək̓ʷəŋən and W̱SÁNEĆ peoples. We acknowledge their welcome and graciousness to the students who seek knowledge here.

Learn more about Camosun's [Territorial Acknowledgement](#).

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*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

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NAME: Meagan Saulnier

EMAIL: saulnierm@camosun.ca

OFFICE: SAEC

HOURS: 930-320

*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

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Students will practice integrating the traditional teachings learned from the Old-Ones, Knowledge Keepers, Indigenous cultural frameworks and concepts related to community wellness into their own personal wellness philosophies. This course is rooted in Land and Water-based teachings and will take place in various settings, including on the Land, within the community, and in the classroom.

PREREQUISITE(S): ICW 111 and ICW 115

CO-REQUISITE(S):

EQUIVALENCIES:

## COURSE LEARNING OUTCOMES / OBJECTIVES

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Upon successful completion of this course, students will be able to offer community their ability to:

1. Articulate their personal philosophy for wellness and the ways in which the teaching they have received from Old Ones and Knowledge Keepers have informed that philosophy.
2. Apply Indigenous cultural teachings and concepts of health to maintain their own personal wellness in professional practice.

3. Describe how their cultural teaching and their relationships with Indigenous Old Ones and Knowledge Keepers and the Land and the Waters enhanced their wellness.
4. Apply cultural frameworks in order to support individuals, families, and communities in a good way, with respect to self-determination.

**REQUIRED MATERIALS & RECOMMENDED PREPARATION / INFORMATION**

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Course Pack with 5 article that talk about Indigenous Self-Determination

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

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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
May 1 <sup>st</sup> 4 <sup>th</sup> and 5 <sup>th</sup>	1 <sup>st</sup> - Gather Willow 4 <sup>th</sup> - Build Lodge 5 <sup>th</sup> -Sweat Journaling	
May 8th	Welcome to semester 3 Review Course Outline Indigenous Code of Ethics <a href="https://www.hulitan.ca/wp-content/uploads/2017/02/App-B-traditional-native-code-of-ethics.pdf">https://www.hulitan.ca/wp-content/uploads/2017/02/App-B-traditional-native-code-of-ethics.pdf</a> Growing Native: Coast Salish <a href="https://www.pbs.org/video/coast-salish-QXRvWT/">https://www.pbs.org/video/coast-salish-QXRvWT/</a> Journaling and Mindfulness Exercise.	
May 15th	Walk at LAWELNEW with JB Williams Journaling and Mindfulness Exercise.	
May 22nd	Canoe Teachings Safety and Protocol with Francis Wilson Discussion about self-determination <a href="https://www.sfu.ca/ced/economic-reconciliation/transformative-storytelling/indigenous-self-determination.html">https://www.sfu.ca/ced/economic-reconciliation/transformative-storytelling/indigenous-self-determination.html</a> Journaling and Mindfulness Exercise.	
May 29th	Paddling with Francis Wilson <a href="https://deadlystory.com/page/culture/articles/self-determination-and-treaty">https://deadlystory.com/page/culture/articles/self-determination-and-treaty</a> Journaling and Mindfulness Exercise.	
June 5th	No class today Set up time to sit with Instructor and Elder/knowledge keeper of your choosing to explore your wellness wheel Journaling	
June 12th	Paddle practice at Royal Roads Journaling and Mindfulness Exercise.	
June 19th	Indigenous Grad Convocation	
June 21st	Last Day of Class and End of Year Celebration Indigenous Peoples Day	

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 notice 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

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DESCRIPTION	WEIGHTING
Attendance and Engagement	10%
Community Engagement Project	30%
Wellness Wheel Presentation	40%
Journal Reflection 3	20%
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

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This interactive course 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 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:

10%

Students supported to attend all classes and to participate in class discussions, group projects 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 are supported to practice wellness, reciprocity, setting healthy boundaries with one another and will be encouraged to develop good habits of being good wellness workers.

### Community Engagement Project:

Students will collaborate on dismantling, moving and rebuilding a community sweat lodge run by Mushuum, Lloyd Harella, as a way of giving back to the community and understanding Indigenous ways of wellness. This assignment will focus on the students' ability to show up and engage in a meaningful way and to find their own way to engage and contribute to this process. There are many ways in which students can contribute and this will be discussed during the first class. Elder Lloyd Harella and his partner Tina will guide students. Students are expected to follow the protocols of this lodge by abstaining from drugs and alcohol for two weeks leading up to this work. Please contact the instructor privately if this might be an issue. Student will have an opportunity to sweat when lodge is

built. Attending the sweat is optional, not mandatory. This assignment is worth 30% of your final grade.

### Assignment Rubric:

15% Respectful Engagement in the project  
15% Collaborating with fellow students and working with good heart, mind and spirit. 30%

### Wellness Wheel Evaluation 40%

This is an opportunity for the student, instructor and an old one, to reflect on students' ways of wellness, philosophies and ways of being in the world. Students given a self-reflection wheel they will use to show what you are taking away and how you are prepared to be healthy and strong wellness workers. Students will have half hour with the instructor and an elder of their choice, to answer the questions in the self-reflection wheel that will be handed out in class.

### Journal Reflection 3 20%

Students will be encouraged to keep a journal of their learning and to make weekly entries. Students will be given time at the end of each class for students to take turns leading/facilitating a 10 min mindfulness exercise before doing their journal entries. You can download a mindfulness app to help guide you. You are encouraged to practice this exercise so that you are comfortable leading classmates into their bodies and to become more aware of their breathing. We will work to deepen our mindful practice and taking time to be present with ourselves and our body, mind and spirit. There will be no talking except for the person leading the exercise. Once the exercise is complete, students will spend 15 minutes free writing. Here are some questions to consider: What is on your mind, how do you feel in your body? Share whatever comes up for you in meditation, a good thought, something that you want to try, let go of something bothering you, share a thought about something that made you feel good that day.

### SCHOOL OR DEPARTMENTAL INFORMATION

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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](mailto: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

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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

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Camosun College offers several services to help you succeed in and out of the classroom. For a detailed overview of the supports and services visit [camosun.ca/services](https://camosun.ca/services).

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

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

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### 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](https://camosun.ca/services/sexual-violence-support-and-education). To contact the Office of Student Support: [oss@camosun.ca](mailto: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.