

# COURSE SYLLABUS



COURSE TITLE: IST 095-Ways of Wellness-

CLASS SECTION: DX17

TERM: Fall 2021

COURSE CREDITS:

DELIVERY METHOD(S): In class at SAEC Brentwood and D2L

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](#).

For COVID-19 information please visit <https://legacy.camosun.ca/covid19/index.html>.

---

*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: Sandee Mitchell

EMAIL: [sandeemitchell63@gmail.com](mailto:sandeemitchell63@gmail.com)

OFFICE: SAEC and by appointment

HOURS: Monday 9:30 to 12:20

*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

---

**This course provides students with the ability to make informed decisions about career and education preparation. As well, it examines health and individual wellness issues from Indigenous and non-Indigenous perspectives of individual wellness.**

---

PREREQUISITE(S): C in English 10 or C in English 10 Camosun Alternative

## COURSE LEARNING OUTCOMES / OBJECTIVES

---

1. Research key topics using media forms, including Indigenous & non-Indigenous sources
2. Demonstrate knowledge of available learning resources and support within the college and the community
3. Demonstrate development of traditional and non-traditional learning skills

4. Demonstrate awareness of education priorities within First Nations community, such as high school completion, early intervention and language/cultural preservation
5. Demonstrate familiarity with Interconnected Dimensions of Health and Wellness
6. Demonstrate knowledge of the relationship between lifestyle choices, behavioral change, and wellness.

REQUIRED MATERIALS & RECOMMENDED PREPARATION / INFORMATION

---

There is no text or coursepack required for this course and all resources will be posted on this course outline and D2L site.

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
<b>Lecture 1 – September 9</b>	<ul style="list-style-type: none"> <li>• Acknowledgment of territory</li> <li>• Overview of course and outline</li> <li>• Who am I assignment</li> </ul>	
<b>Lecture 2 – September 16</b>	<ul style="list-style-type: none"> <li>• Monthly check in</li> <li>• Film: Dancing around the table</li> <li>• Critical Reflection</li> <li>• Wellness Wheel and Discussion</li> </ul>	
<b>Lecture 3 – September 23</b>	<ul style="list-style-type: none"> <li>• Research proposal</li> </ul>	
<b>Lecture 4 – September 30</b>	College Closed for National Day of Reconciliation Hallelujah!!!	
<b>Lecture 5 – October 7</b>	<ul style="list-style-type: none"> <li>• Film: Colonization Road</li> <li>• Critical Reflection</li> </ul>	
<b>Lecture 6 - October 14</b>	<ul style="list-style-type: none"> <li>• Monthly check-in</li> </ul>	
<b>Lecture 7 – October 21</b>	<ul style="list-style-type: none"> <li>• Film: 8<sup>th</sup> Fire – Indigenous in the City</li> <li>• Critical Reflection</li> </ul>	

WEEK or DATE RANGE	ACTIVITY or TOPIC	OTHER NOTES
<b>Lecture 8 – October 28</b>	<ul style="list-style-type: none"> <li>• Research paper draft</li> </ul>	
<b>Lecture 9 – November 4</b>	<ul style="list-style-type: none"> <li>• Film: 8<sup>th</sup> Fire - It's Time</li> <li>• Critical Reflection</li> </ul>	
<b>Lecture 10 – November 11</b>	Remembrance Day College Closed, No Class	
<b>Lecture 11 – November 18</b>	<ul style="list-style-type: none"> <li>• Film: Keepers of the Fire</li> <li>• Critical Reflection</li> </ul>	
<b>Lecture 12 – November 25</b>	<ul style="list-style-type: none"> <li>• Film: Red Chef Revival</li> <li>• Critical Reflection</li> </ul>	
<b>Lecture 13 – December 2</b>	<ul style="list-style-type: none"> <li>• Work on final edits</li> </ul>	
<b>Lecture 14 – December 9</b>	<ul style="list-style-type: none"> <li>• Course wrap up and overview</li> <li>• Finish any outstanding assignments</li> </ul>	

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](http://camosun.ca/services/accessible-learning/exams.html). <http://camosun.ca/services/accessible-learning/exams.html>

## EVALUATION OF LEARNING

DESCRIPTION	WEIGHTING
Critical Reflections 6x 10% each	60%
Who Am I Assignment	5%
Research Proposal	5%
Research Outline	5%
Research Paper Draft	10%
Final Research Paper	15%
	<b>TOTAL</b> 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](http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf) policy for more information. <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf>

**(a) Critical Reflections (60% - 6x10%)**

Each student must complete 6 critical discussions which will take place every other week. The discussions will be about a film that is shown in class. The instructor will guide the discussions but the discussions will require student participation.

This assignment is an opportunity to show the instructor that you have an understanding with a certain topic. Use the following questions to guide

- What was the issue?
- What did you learn or find out?
- Why does this matter?
- How is this relevant to you, your family, your community, your nation?

**(b) Who Am I and Where am I from (5%)**

Answer the following questions. The assignment should be 1 double spaced and typed page.

1. Introduce yourself (name, traditional name(s))
2. Where do you come from (ancestry)?

**(c) Research Proposal (5%)**

Students may choose any topic but the topic must be related to Indigenous Ways of Wellness – Education. Answer the following questions. This assignment should be 1 double-spaced and typed page.

1. What is my topic?
2. Why have I chosen this topic?

**(d) Research Outline (5%)**

Be sure to use your research proposal as a guide for this assignment. Use the following guideline to help you with your outline. This assignment should be double-spaced and typed.

1. Introduction
  - a. a. Self
  - b. b. Topic
2. Body
  - a. Question 1
  - b. Question 2
  - c. Question 3
3. Conclusion
  - a. What have I learned that I want to highlight again?
  - b. How is my research relevant?

**(e) Draft (10%)**

Be sure to use your research outline as a guide for this assignment. Using your outline and reference list start writing a draft for your research paper. You will have 2 classes to work on this assignment. This assignment should be double-spaced and typed.

**(f) Final Paper (15%)**

To complete this assignment, you will need to use your draft. Use your time in class to make edits to your draft with any recommendations made by the instructor. This assignment should be 3-4 double-spaced and typed pages.

---

## 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 <http://camosun.ca/students/>.

Support Service	Website
Academic Advising	<a href="http://camosun.ca/advising">http://camosun.ca/advising</a>
Accessible Learning	<a href="http://camosun.ca/accessible-learning">http://camosun.ca/accessible-learning</a>
Counselling	<a href="http://camosun.ca/counselling">http://camosun.ca/counselling</a>
Career Services	<a href="http://camosun.ca/coop">http://camosun.ca/coop</a>
Financial Aid and Awards	<a href="http://camosun.ca/financialaid">http://camosun.ca/financialaid</a>
Help Centres (Math/English/Science)	<a href="http://camosun.ca/help-centres">http://camosun.ca/help-centres</a>
Indigenous Student Support	<a href="http://camosun.ca/indigenous">http://camosun.ca/indigenous</a>
International Student Support	<a href="http://camosun.ca/international/">http://camosun.ca/international/</a>
Learning Skills	<a href="http://camosun.ca/learningskills">http://camosun.ca/learningskills</a>
Library	<a href="http://camosun.ca/services/library/">http://camosun.ca/services/library/</a>
Office of Student Support	<a href="http://camosun.ca/oss">http://camosun.ca/oss</a>
Ombudsperson	<a href="http://camosun.ca/ombuds">http://camosun.ca/ombuds</a>
Registration	<a href="http://camosun.ca/registration">http://camosun.ca/registration</a>

---

Support Service	Website
Technology Support	<a href="http://camosun.ca/its">http://camosun.ca/its</a>
Writing Centre	<a href="http://camosun.ca/writing-centre">http://camosun.ca/writing-centre</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

---

### 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:

<http://camosun.ca/services/accessible-learning/>

### Academic Integrity

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.13.pdf> for policy regarding academic expectations and details for addressing and resolving matters of academic misconduct.

### Academic Progress

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/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 <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.2.pdf> for further details about course withdrawals. For deadline for fees, course drop dates, and tuition refund, please visit <http://camosun.ca/learn/fees/#deadlines>.

### Grading Policy

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.5.pdf> for further details about grading.

### Grade Review and Appeals

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/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”

(<http://camosun.ca/learn/calendar/current/procedures.html>) and the Grading Policy at <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/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 <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/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: <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.9.pdf> and [camosun.ca/sexual-violence](http://camosun.ca/sexual-violence). To contact the Office of Student Support: [oss@camosun.ca](mailto:oss@camosun.ca) or by phone: 250-370-3046 or 250-3703841

### 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 <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.5.pdf> to understand the College’s expectations of academic integrity and student behavioural conduct.

**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.