

# OCOURSE SYLLABUS



COURSE TITLE: IST 095, Indigenous ways of Wellness

TERM: Fall 2022

COURSE CREDITS: 3

DELIVERY METHOD(S): In person

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

Camosun College campuses are located on the traditional territories of the Iəkʷəŋən and W SÁNEĆ 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: Shauna Underwood

EMAIL: [underwoods@camosun.ca](mailto:underwoods@camosun.ca)

OFFICE: SAEC,

OFFICE HOURS: Tues: 9:00-9:30, Wed 9:30-12:00, Friday's by appointment

*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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Restricted to students in Indigenous College Prep. 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):

One of:

- C in English 10 or C in Camosun Alternative

## COURSE LEARNING OUTCOMES / OBJECTIVES

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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

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None, films, articles provided by instructor

## 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	ACTIVITY or TOPIC	READINGS/VIDEOS
1. September 6	Acknowledgement of the territory Overview of the course Medicine bags	
2. September 13	Monthly check in Who Am I Assignment	
3. September 20	Bursary application assignment Work in lab on writing for bursary assignment	
4. September 27	Discussion on Truth and Reconciliation Video Critical Reflection	<a href="#">Xe xe Smun eem-Victoria Orange Shirt Day: Every Child Matters Virtual Ceremony - Bing video</a>
5. October 4	Discussion, Colonialism	Colonization Road
6. October 11	Monthly check in, worked on reflections	
7. October 18	Indigenous Ways of Wellness	Discussion
8. October 25	Discussion, Reflections, stereotypes	Film: 8 <sup>th</sup> Fire – Indigenous in the City
9. November 1	Indigenous wellness, cultural wellness	Presentation of cultural plant uses
10. November 8		

11. November 15	Language Revitalization, discussion and connections to wellness	Language revitalization video
12. November 22	Film: To be determined	
13. November 29	Film: To be determined	
14. December 6	Wrap up of course work. Check in 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 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
<p>(a) <b>Critical Reflections (60% - 6x10%)</b></p> <p>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.</p> <p>This assignment is an opportunity to show the instructor that you have an understanding with a certain topic. Use the following questions to guide</p> <ul style="list-style-type: none"> <li>• What was the issue?</li> <li>• What did you learn or find out?</li> <li>• Why does this matter?</li> <li>• How is this relevant to you, your family, your community, your nation?</li> </ul>	60%
<p>Who am I and where am I from?</p> <p>Answer the following questions. The assignment should be 1 double spaced and typed page.</p> <ol style="list-style-type: none"> <li>1. Introduce yourself (name, traditional name(s))</li> <li>2. Where do you come from (ancestry)?</li> </ol>	10%
<p>Final Assignment, due on the last day of classes.</p> <p>Choose a legend from your territory.</p> <ul style="list-style-type: none"> <li>• Interpret the message behind the legend. <ul style="list-style-type: none"> <li>○ Who is the message for?</li> <li>○ What does it mean?</li> <li>○ Where is the location? Is it in a significant land/place? Describe the place.</li> <li>○ Why is it important?</li> </ul> </li> <li>• What is important to you about this legend?</li> </ul>	30%

<ul style="list-style-type: none"> <li>• How is the legend connected to Indigenous wellness?</li> <li>• Should be 2-4 pages, but no more than 5 pages.</li> <li>• Should have a introduction, body, and conclusion.</li> </ul>	
<p>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 <a href="http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf">Grade Review and Appeals</a> policy for more information.</p>	<p>TOTAL 100%</p>

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## COURSE GUIDELINES & EXPECTATIONS

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### SCHOOL OR DEPARTMENTAL INFORMATION

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<https://camosun.ca/indigenous-programs>

<https://camosun.ca/programs-courses/school-health-and-human-services>

### 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 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>
Centre for 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>
Support Service	Website

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>
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.

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## COLLEGE-WIDE POLICIES, PROCEDURES, REQUIREMENTS, AND STANDARDS

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### 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.