

COURSE SYLLABUS

Indigenous Community Wellness



COURSE TITLE: ICW 111-Cultural Teachings 1- Learning

CLASS SECTION: X01

TERM: Fall 2023

COURSE CREDITS: 3

DELIVERY LOCATION: [W̱SÁNEĆ School Board](#)

Camosun College campuses are located on the traditional territories of the Ləḵʷəŋən and W̱SÁNEĆ 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: [W̱SÁNEĆ School Board](#) Wednesday 10-12 or by appointment

HOURS: Tuesday 1-350

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 learn about local protocols and the importance of community self-determination. Students introduced to a range of traditional teachings, frameworks and concepts of community wellness. They will learn from Old Ones and Knowledge Keepers and begin to create, or enhance, their personal philosophies of wellness. This course is rooted within Land and Water-based teachings, and students will learn within community and in the classroom.

PREREQUISITE(S): [Acceptance into the Indigenous Community Wellness Program](#)

CO-REQUISITE(S):

EQUIVALENCIES:

COURSE LEARNING OUTCOMES / OBJECTIVES

1. Articulate their personal values, culture and worldviews that inform their self-location.
2. Describe how Indigenous cultural teachings and concepts of health support community wellness.
3. Demonstrate ways to build respectful relationships with Indigenous Old Ones, Knowledge Keepers and the Land and Water.
4. Articulate the importance of Individual and community self-determination.

REQUIRED MATERIALS & RECOMMENDED PREPARATION / INFORMATION

Text: A Fire Burns within Teachings from Ceremony and Culture by Sharon Acoose.

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
September 5	Program Orientation, Introductions and Protocol's Discussion about our ways of being together. Building our Bundles	
September 12	Review Course outline and assignments Building our Classroom Bundle Circle teachings and creating guidelines for circle learning. Group work: What do we know about ourselves? Journal Entries	
September 19	Local Protocols and Indigenous ways of seeing, being and doing. Guest Al Sam (Confirmed 1:30 to 3:00) to talk about Protocols. Discussion about Location Paper Journal Entries	
September 26	Creation Stories Assignment Overview Elder May Sam to talk about wellness	
October 3	<p>Creation Stories</p> <p>https://wsanec.com/four-stories-of-how-things-came-to-be/</p> <p>SŁEMEW Creation Story in SENĆOTEN and English: https://www.youtube.com/watch?v=iEdiad1T1Co</p> <p>https://earthfeelspodcast.com/episode-155-best-in-climate-skywoman-falling-an-excerpt-from-braiding-sweetgrass-by-robin-wall-kimmerer/</p> <p>Mi'kmaq: Part 1: https://youtu.be/rQvup95nhvk</p> <p>Part 2: https://youtu.be/VHRfv2ADqH8</p> <p>Location Paper Due ** Working on our Creation Story Assignments</p>	
October 10	Medicine Wheel Teachings A Fire Burns Within page 9-19.	
October 17	Water teachings Collage Making A Fire Burns Within: p 55-64	

WEEK or DATE RANGE	ACTIVITY or TOPIC	OTHER NOTES
October 24	Medicine Walk with Della Rice-Sylvester	
October 31	Presenting our Collage's in circle** Planning our Elders Tea and gift making	
November 7	Wellness Workshop with Bernadine Mawson and Victor Underwood A Fire Burns Within page 23-52	
November 14	Presenting Creation Stories**	
November 21	Creation stories cont. The gifts of our old ones. Preparing for the old ones A Fire Burns within: The heart of a warrior p.67-86	
November 28	Journal 1 Due** Working on Elder's Tea and gifts for the old ones	
December 5	Elders Tea**	

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 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	20%
Location Paper	20%
Creation Stories and Presentations	15%
Collage on values, worldview and location	15%
Journal 1	10%
Elders Tea – Group Project	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

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: 20%

Students supported 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 supported to practice wellness, reciprocity, setting healthy boundaries with one another. Students encouraged developing good habits of being good wellness workers.

Location Paper: 20%

Students supported to write a 5–7-page location paper, which will articulate their personal values, worldviews, and what culture means to you. Specifically, students will identify who you are, where you are from, who your family is, what your pronouns are, what your gifts are, challenges that you have overcome in your life, areas that you would like to work on. Students encouraged, thinking about their own wellness, and what has helped them to become who they are today? **October 3rd Due.**

Creation Stories: 15%

Students supported to work in groups or 2-3 and research and share creation stories; this does not have to be your own. Students will be encouraged to learn about other creation stories and if they know theirs well, to identify similarities and differences. Students will supported to identify the people whose creation story they are covering and help us to understand as much about the people, their location, language, ceremonies and anything that connects the people to their creation story. Students supported to think about and reflect on why our creation stories are important and how they support our wellness and sense of self in the world.

November 14 Due.

Here are some resources below to get you started

<https://wsanec.com/four-stories-of-how-things-came-to-be/>

SLEMEW Creation Story in SENĆOTEN and

English: <https://www.youtube.com/watch?v=iEdiad1T1Co>

<https://earthfeelspodcast.com/episode-155-best-in-climate-skywoman-falling-an-excerpt-from-braiding-sweetgrass-by-robin-wall-kimmerer/>

Mi'kmaq: Part 1: <https://youtu.be/rQvup95nhvk>

Part 2: <https://youtu.be/VHRfv2ADqH8>

Collage Presentation: 15%

Students will be encouraged to bring magazines and photos to class and make a collage that highlights how Indigenous cultural teachings and concepts of health support community wellness. Students will vision what community wellness looks like. Imagine your community 10-20 years from now. How will it be different? What things would your community need to do to achieve wellness? Students will present their collage in circle format at the beginning of class on **October 31st.**

Elders Tea:

20%

Students will work as a class to organize, invite and host an Elders Tea on **December 5th** with old ones/elders from their community and their lives. Students will learn protocols and work in teams to follow the protocols set out in the assignment. The assignment will include making food and gifts for our guests.

Reflective Journal 1:

10%

Students will keep a journal of their learning and will be given time in class to make entries. Please consider the following questions: What stood out to you today in class and how does it relate to wellness? **Due November 28th**

SCHOOL OR DEPARTMENTAL INFORMATION

Eyē? Sqā'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 list serve if you are interested. This newsletter will be sent to Indigenous students listing 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 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.

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

Support Service	Website
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 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 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.