



CAMOSUN COLLEGE

Eyē? Sqâ'lewen:
The Centre for Indigenous Education & Community Connection
Indigenous Studies IST 212-X01- Seminar 4
Winter, 2015

COURSE OUTLINE

1. Instructor Information:

- (a) Instructor: Sandee Mitchell
- (b) Office hours: Wednesday 12:30 to 1:30
- (c) Class Location and Time: WTCC Room 234, Wednesday 1:30 – 2:50
- (d) Phone: 370-3124
- (e) E-mail: Mitchell@camosun.bc.ca

2. Intended Learning Outcomes:

Students will develop speaking and listening skills through circle learning.

Students will develop an understanding of community and leadership from a First Nation's perspective.

Students will explore concepts and practices of self-care and self-awareness.

3. Required Materials:

- (a) There are one text required for this course:

“Love, Compassion and Altruism are the Fundamental Basis for Peace”
H.H. The Dalai Lama

4. Seminar Topics and Schedule:

Seminar One:	January 7, 2015 Welcome Back and Happy New Year Introduction to Seminar Four	6%
Seminar Two:	January 14, 2015 Circle Check in and Review of Course Outline Assign Group Presentations	6%
Seminar Three:	January 21, 2015 Hoop Dancing Presentation	6%
Seminar Four:	January 28, 2015 Circle	6%
Seminar Five:	February 4, 2015 Yoga	6%
Seminar Six:	February 11, 2015 Drum Making Workshop	6%
Seminar Seven:	February 18, 2015 Circle	6%
Seminar Eight	February 25, 2015 Music Day	6%
Seminar Nine:	March 4, 2015 Circle	6%
Seminar Ten:	March 11, 2015 Dream Catchers	6%
Seminar Eleven:	March 18, 2015 Circle	6%
Seminar Twelve:	March 25, 2015 Medicine Walk with Della Rice Sylvester	6%
Seminar Thirteen:	April 01, 2015 Picnic in Natsamaht	6%
Session Fourteen:	April 8, 2015 Last class!!! Potluck and Celebration	6%

5. Basis of Student Assessment:

Group Presentations:

In groups of two, you will lead class in an exercise, discussion, workshop or field trip focusing on one of the following topics: mindfulness, self-care, ceremony, personal awareness, spiritual awareness, creativity or anything that reflects peace of mind and self awareness.

Your group will meet and discuss presentations with instructor and plan to facilitate a class. You are encouraged to be creative and to take risks while being safe and respectful. Our classes are only 80 minutes in length so students must tailor presentations within this time frame or have consensus within the class to extend class time. I am sure that you will all have some great ideas, but please discuss them with the instructor before finalizing your presentation.

16%

6. Competency Based Grading System:

COM	The student has met the goals, criteria, or competencies established for this course.
DST	The student has met and exceeded, above and beyond expectations, the goals, criteria, or competencies established for this course.
NC	The student has not met the goals, criteria or competencies established for this course.

“Peace is not external or to be sought after or attained. Living mindfully, slowing down and enjoying each step and each breath, is enough”

Arnold Kotler

7. Recommended Materials or Services to Assist Students to Succeed Throughout the Course:

The First Nations Education Department, located in Ewing 272, is a valuable resource for you. If you are having difficulty with course content, registration, course selection, funding issues or anything that would get in the way of you being successful in this program, there are First Nations advisors and support people there for you to talk with. To make an appointment, please stop by the office or call the secretary, Jeanine at 370-3299.

LEARNING SUPPORT AND SERVICES FOR STUDENTS

There are a variety of services available for students to assist them throughout their learning. This information is available in the College Calendar, Registrar's Office or the College web site at <http://www.camosun.bc.ca>

ACADEMIC CONDUCT POLICY

There is an Academic Conduct Policy. It is the student's responsibility to become familiar with the content of this policy. The policy is available in each School Administration Office, Registration, and on the College web site in the Policy Section.

www.camosun.bc.ca/divisions/pres/policy/2-education/2-5.html

