



IST 171 – X17
Ways of Wellness - Learning
2015F

COURSE OUTLINE

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.

Ω Please note: This outline will not be kept indefinitely. It is recommended students keep this outline for their records, especially to assist in transfer credit to post-secondary institutions.

1. Instructor Information

(a) Instructor	Tommy Happynook (hii ni nah sim)
(b) Office hours	
(c) Location	Ewing 204 – Lansdowne
(d) Phone	250.370.3162 Alternative: n/a
(e) E-mail	happynookt@camosun.bc.ca
(f) Website	n/a

2. Intended Learning Outcomes

On completion of this course students will:

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

3. Required Materials

1. None
2. Additional resources may be provided throughout the course

4. Course Content and Schedule

	Class Content	In Class Assignments
Lecture 01	<ul style="list-style-type: none"> • Acknowledge territory • Introductions, guidelines, & expectations • Overview of course outline 	<ul style="list-style-type: none"> • Who am I and what am I doing here?
Lecture 02	<ul style="list-style-type: none"> • What learning resources and supports are available <ul style="list-style-type: none"> ○ Aboriginal advisors ○ Indigenous education (IECC) ○ First Nations Student Association ○ Library ○ College 	<ul style="list-style-type: none"> • Advisor assignment
Lecture 03	<ul style="list-style-type: none"> • Awards, bursaries, scholarships <ul style="list-style-type: none"> ○ What are the differences? ○ How do you find them? ○ How do you apply? ○ What do you need to apply? 	<ul style="list-style-type: none"> • Letter of introduction • Letter of reference
Lecture 04	<ul style="list-style-type: none"> • Educational priorities for Indigenous communities • The relationship between lifestyle choices, behavioral change, and wellness 	<ul style="list-style-type: none"> • Priorities assignment
Lecture 05	<ul style="list-style-type: none"> • 6 Dimensions of health and wellness <ul style="list-style-type: none"> ○ Can you recognize when you are out of balance? ○ How are you de-stressing throughout the semester? ○ How are you creating opportunities to maintain balance? 	<ul style="list-style-type: none"> • 6 Dimensions assignment
Lecture 06	<ul style="list-style-type: none"> • Learning skills: traditional v. western <ul style="list-style-type: none"> ○ What is different today than in the past? ○ How can we build traditional ways of learning into the classroom? ○ How do we manage traditions/culture and an education? 	
Lecture 07	<ul style="list-style-type: none"> • Starting a research paper or project <ul style="list-style-type: none"> ○ Using the library as a research tool 	<ul style="list-style-type: none"> • Research assignment
Lecture 08	<ul style="list-style-type: none"> • Writing a research proposal 	<ul style="list-style-type: none"> • Research proposal
Lecture 09	<ul style="list-style-type: none"> • Writing a research outline 	<ul style="list-style-type: none"> • Research outline
Lecture 10	<ul style="list-style-type: none"> • Creating a reference list 	<ul style="list-style-type: none"> • Reference list
Lecture 11	<ul style="list-style-type: none"> • Starting a draft 	<ul style="list-style-type: none"> • Draft
Lecture 12	<ul style="list-style-type: none"> • Finishing a draft 	<ul style="list-style-type: none"> • Draft
Lecture 13	<ul style="list-style-type: none"> • From draft to final paper 	<ul style="list-style-type: none"> • Research paper
Lecture 14	<ul style="list-style-type: none"> • Closing class <ul style="list-style-type: none"> ○ What have we learned? ○ How do you prepare for the transition from community to college? 	

5. Basis of Student Assessment (Weighting)

- a) Attendance (20%)
- b) Who am I (5%)
- c) Advisor assignment (5%)

- d) Awards, bursaries, scholarships assignment (5%)
- e) Priorities assignment (5%)
- f) 6 Dimensions assignment (5%)
- g) Research assignment (5%)
- h) Research proposal (5%)
- i) Research outline (5%)
- j) Reference list (5%)
- k) Draft (15%)
- l) Research Paper (20%)

6. Grading System

(If any changes are made to this part, then the Approved Course description must also be changed and sent through the approval process.)

(Mark with "X" in box below to show appropriate approved grading system – see last page of this template.)

Standard Grading System (GPA)

Competency Based Grading System

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

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, Student Services or the College web site at <http://www.camosun.bc.ca>

STUDENT CONDUCT POLICY

There is a Student 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.
<http://www.camosun.bc.ca/policies/policies.html>

A. GRADING SYSTEMS <http://www.camosun.bc.ca/policies/policies.php>

The following two grading systems are used at Camosun College:

1. Standard Grading System (GPA)

Percentage	Grade	Description	Grade Point Equivalency
90-100	A+		9
85-89	A		8
80-84	A-		7
77-79	B+		6
73-76	B		5
70-72	B-		4
65-69	C+		3
60-64	C		2
50-59	D		1
0-49	F	Minimum level has not been achieved.	0

2. Competency Based Grading System (Non GPA)

This grading system is based on satisfactory acquisition of defined skills or successful completion of the course learning outcomes

Grade	Description
COM	The student has met the goals, criteria, or competencies established for this course, practicum or field placement.
DST	The student has met and exceeded, above and beyond expectation, the goals, criteria, or competencies established for this course, practicum or field placement.
NC	The student has not met the goals, criteria or competencies established for this course, practicum or field placement.

B. Temporary Grades

Temporary grades are assigned for specific circumstances and will convert to a final grade according to the grading scheme being used in the course. See Grading Policy at <http://www.camosun.bc.ca/policies/E-1.5.pdf> for information on conversion to final grades, and for additional information on student record and transcript notations.

Temporary Grade	Description
I	<i>Incomplete:</i> A temporary grade assigned when the requirements of a course have not yet been completed due to hardship or extenuating circumstances, such as illness or death in the family.
IP	<i>In progress:</i> A temporary grade assigned for courses that are designed to have an anticipated enrollment that extends beyond one term. No more than two IP grades will be assigned for the same course.
CW	<i>Compulsory Withdrawal:</i> A temporary grade assigned by a Dean when an instructor, after documenting the prescriptive strategies applied and consulting with peers, deems that a student is unsafe to self or others and must be removed from the lab, practicum, worksite, or field placement.