



**IST 171**  
**Ways of Wellness - Learning**  
**2016F**

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## **COURSE OUTLINE**

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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.*

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### **1. Instructor Information**

(a) Instructor	Tommy Happynook (hii ni nah sim)		
(b) Office hours	_____		
(c) Location	Ewing 204		
(d) Phone	250-370-3162	Alternative:	n/a
(e) E-mail	<a href="mailto:happynookt@camosun.ca">happynookt@camosun.ca</a>		
(f) Website	n/a		

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### **2. Intended Learning Outcomes**

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**

- (a) None
- (b) Additional resources may be provided throughout the course

### **4. Course Content and Schedule**

#### **Lecture 1 – September 06 - Introduction to Course**

**Content:**

- Acknowledgment of territory
- Overview of course and outline

**Assignment:** Who am I and what am I doing here?

## **Lecture 2 - September 13 - Available Resources and Support**

**Content:**

- What learning resources and supports are available
  - Indigenous Advisors
  - Indigenous Education (IECC)
  - First Nations Student Association
  - Camosun College Student Society
  - Library
  - Registration
  - Financial Aid

**Assignment:** Advisor assignment

## **Lecture 3 - September 20 - Awards, Bursaries, and Scholarships**

**Content:**

- What is the difference between an award, bursary, and scholarship
- How do you find them
- How do you apply
- What do you need to apply

**Assignment:** Letter of Introduction & Letter of Reference

## **Lecture 4 - September 27 - Learning Priorities**

**Content:**

- Educational priorities
- Relationship between lifestyle choices, behavioral change, and wellness

**Assignment:** Learning Priorities assignment

## **Lecture 5 - October 04 - 6 Dimensions of Health and Wellness**

**Content:**

- The 6 dimensions of health and wellness
- Recognizing when we are out of balance
- De-stressing throughout the semester
- Creating and maintaining balance

**Assignment:** 6 dimensions assignment

## **Lecture 6 - October 11 - Learning Skills**

**Content:**

- How is learning different today than in the past
- How can we build traditional ways of learning into modern classrooms
- How do we manage our traditions and education

**Assignment:** Learning Skills assignment

## **Lecture 7 - October 18 - Starting a Research paper**

**Content:**

- How to start research

**Assignment:** Research assignment

#### **Lecture 8 - October 25 - Research Proposal**

**Content:**

- Writing a research proposal

**Assignment:** Research proposal

#### **Lecture 9 - November 01 - Research Outline**

**Content:**

- Writing a research outline

**Assignment:** Research outline

#### **Lecture 10 - November 08 - Reference List**

**Content:**

- Creating a reference list

**Assignment:** Reference list

#### **Lecture 11 - November 15 - Draft**

**Content:**

- Starting the draft

#### **Lecture 12 - November 22 - Draft**

**Content:**

- Finishing the draft

**Assignment:** Draft

#### **Lecture 13 - December 29 - Final Research Paper**

**Content:**

- From draft to final paper

**Assignment:** Research Paper

#### **Lecture 14 - December 06 - Closing Circle**

**Content:**

- Review of course
- Connecting the course outcomes

### **5. Basis of Student Assessment (Weighting)**

#### **(a) Attendance & Participation (20%)**

Attendance and participation is a critical part of learning and a very important part of this class. Being prepared for class includes making sure that the readings are done and you are ready to talk about and respond to them. Active Listening is a vital aspect of being in respectful dialogue with others. You must be able to hear what people are saying so that you can respond to them in a respectful and appropriate manner.

### **(b) Who am I (5%)**

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

1. Introduce yourself (name & ancestry)
2. What is important in your life
3. Why are you in the program
4. What is important in your educational journey
5. What are your future goals

### **(c) Advisor (5%)**

Answer the following questions and then see an advisor to go over your responses.

1. What are the important dates that you need to know as a student?
2. What are 4 resources that are available to you at the college?
3. What is Camlink and do you know how to access it?
4. What is the future program that you want to be in?
5. What do you need to do to meet the requirements your next program?

### **(d) Letter of Introduction & Letter of Reference (10%)**

Use the following as guidelines in creating a template of a letter of introduction and letter of reference.

1. Letter of Introduction
  - a. Paragraph 1
    - i. Who are you
    - ii. What nation are you from
    - iii. Why are you applying
  - b. Paragraph 2
    - i. Why did you return to school
    - ii. What are you currently studying
    - iii. How will this award, bursary, scholarship help you
  - c. Paragraph 3
    - i. What are your educational goals after ICP
    - ii. What are your educational goals after Camosun College
    - iii. What are your career goals
2. Letter of Reference
  - a. Paragraph 1
    - i. Who are you
    - ii. Why you are a good candidate
  - b. Paragraph 2
    - i. How does the person know you
    - ii. What program() or course(s) have you take them
  - c. Paragraph 3
    - i. How do you meet the criteria
    - ii. Why should this person recommend you

### **(e) Learning Priorities (5%)**

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

1. What are you educational priorities?

2. What are the potential barriers?
3. How will you overcome the barriers?
4. What are the priorities in your community, and/or Nation?
5. How will your priorities help Indigenous people, community, and/or Nations?

**(f) 6 Dimensions (5%)**

Answer the following questions. This assignment should be double-spaced and typed. Discuss each of the 6 dimensions of health and wellness in relation to yourself.

1. Occupational
2. Physical
3. Social
4. Intellectual
5. Spiritual
6. Emotional

**(g) Learning Skills (5%)**

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

1. How do you see tradition and culture being incorporated into college programs, courses, and classrooms?
2. How are you (or will you) managing tradition, culture, and education?

**(h) Research Assignment (5%)**

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

1. What topics are you interested in researching? (this will likely be very general)
2. What do you already know about the topic?
3. Find 3 possible sources for your research

**(i) Research Proposal (5%)**

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?

**(j) Research Outline (5%)**

Use the following guideline to help you with your outline. This assignment should be double-spaced and typed.

1. Introduction
  - a. Self
  - 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?

**(k) Reference List (5%)**

Find 5 possible sources for your research paper. 2 of the 5 sources must be from an academic journal. This assignment should be double-spaced, typed, and use a consist method of referencing. Remember that you can use the Camosun College Library resource guide tab to find a style guide that you like.

**(l) Draft (10%)**

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.

**(m)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.

**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.