Welcome to the Indigenous Student Centre

The Indigenous Student Centre (ISC) is dedicated to providing Indigenous students at SFU with programs and services that are unique, cultural, and holistic. Our vision is for Indigenous students to succeed and thrive, as our Ancestors envisioned, with a balance of culture, tradition, and academic success.

All programs, services, and events are offered for currently enrolled self-identified Indigenous (First Nations, Métis, and Inuit) students at SFU. Check out our website for more information or contact us at ask_isc@sfu.ca.

To observe safety measures, all programming and events will be held virtually unless otherwise noted. For all drop-in sessions, please refer to the ISC website for an appropriate Zoom link. For all other events, please contact iscadmin@sfu.ca for access.

Weekly Supports
Please visit our website or contact ask_isc@sfu.ca to access.

Daily

ISC Drop-in Hours
10:00am - 11:00am | Drop-in hours with ISC staff for currently enrolled Indigenous students.

Elders Program
11:30am - 12:30pm | Virtual check-in with Elder Syexwaliya

Elders Program
11:00am - 12:00pm | Virtual check-in with Elder Margaret

Virtual Library Space
Expert learning/studying, writing, and research help is available and you are welcome to join and get some work done even if you do not have any questions. Just logging on and working with others can help to increase accountability, motivation, and productivity!

12:30 - 2:30pm | Learning & Studying Support
1:30pm - 3:30pm | Writing Support
2:30pm - 4:30pm | Research Support

Cultural Connections
2:00pm - 4:00pm | In this weekly event, students unwind, check-in with each other, share updates on cultural projects, and share safe and casual space together.

By Appointment

Academic Advising (Undergraduate, undeclared): myadv@sfu.ca
Financial Aid and Awards Advising: christine_dembiske@sfu.ca (Drop-in FAA Advising available on Sept 10, 17, 24 & Oct 1)
Health & Counselling Services (non-emergency): isc_well@sfu.ca
Learning & Studying Support: Ruth - rsliverm@sfu.ca
Research Support: Ashley - avandijk@sfu.ca
Writing Support: Julia - julia_lane@sfu.ca

September

9
Workshop: Traditional Conceptualizations of Wellness (Workshop Series Part 1 of 2)
1:00pm – 3:00pm | In this workshop, students will explore traditional conceptualizations of wellness. Students will be provided information about the conceptualization of wellness from the perspective of a few Indigenous communities from around the world and engage in small group discussions on the topic. As a take away, strategies will be shared on healing/bringing balance to the four parts of self.

10
Financial Aid & Awards Information Session
9:30am - 10:30am | This session will cover the types of financial aid opportunities available to SFU Indigenous undergraduate and graduate students. Need and merit based applications will be discussed in detail, including SFU based bursaries, awards and scholarships, as well as external awards, and government student loans and grants. The goal of this session is to reduce some of the barriers and stigma that exist for students surrounding applying for financial aid and to ensure SFU Indigenous students are connected with all the programs they might be eligible for.

14
Virtual Welcome Event
1:00pm-2:30pm | Please join us for our fall welcome event! This event is for all new and returning Indigenous students for a chance to meet other students, learn more about the ISC community, and be entered into draw prizes!

16
Workshop: Western Approaches to Psychology (Workshop series Part 2 of 2)
1:00pm - 3:00pm | In this workshop, students will explore western approaches to psychology. Information will be provided on available psychological services, which includes sharing what it would look like from a western clinician, and how it may look when done in a more culturally responsive way, so that participants can critically consume services.

17
Workshop: How to Succeed in Online Courses during COVID-19
1:30pm – 2:30pm | Other workshops this term will cover time management and study strategies that will serve you well whether you are taking in-person or online courses. This webinar, however, will discuss particular challenges of, and effective approaches to, the current situation in which all of your courses are online.

18
Cultural Connections: Show and Share
2:00pm - 4:00pm | Feel free to bring something you would like to share with the group. This could be something you’ve made, photos from your homelands, a song or story, your favourite memes, a tour of your beadwork stash, or anything else that makes you proud to be who you are!

23
Town Hall
10:30am – 12:00pm | Join us for our monthly town hall to receive updates about the ISC community. This is your opportunity to bring any questions, concerns, or feedback you may have to best support your student experience.
Workshop: Claiming your Voice as an Academic Writer
1:30pm – 2:30pm | This workshop focuses on two of the principles outlined in Dr. Gregory Youngin’s book, *Elements of Indigenous Style*. This workshop begins by recognizing that academic institutions operate within colonial frameworks and asks how students can claim their own voices -- and their own knowledge -- within those frameworks. While these questions are particularly relevant for Indigenous students, they also arise for non-Indigenous students whose lives and experiences push against the white, Settler, colonial perspective.

Cultural Connections: Medicine Pouches
2:00pm – 4:00pm | In this workshop, participants will learn how to sew and bead a small medicine pouch by hand. The medicine pouch is a sacred item, it may contain traditional medicines or special amulets that are important to the wearer. It can be worn on special occasions or all the time. According to legend, wearing a medicine pouch will protect the wearer and guide them along the wheel of life. Fill the pouch with amulets of personal significance to yourself or a loved one. Wear a medicine pouch next to your heart for: Happiness and spiritual guidance start within yourself.

Introduction: Women’s Centre
1:00pm – 2:00pm | The Women’s Centre is a space that is dedicated to providing education and services to all visitors, including allies. Learn about their supports and services in this informal session.

Orange Shirt Day
Wear an orange shirt on September 30 and raise awareness of residential schools. By wearing an orange shirt, you honour survivors and generational survivors of residential schools in an opportunity to come together in the spirit of reconciliation and hope for generations of children to come.

Book Club
11:00am – 12:00pm | Registration to receive mailed books is open until Sept. 17. If you miss this registration deadline, you are still able to participate in the book club, but must provide your own materials.

Workshop: Introduction to Library Research
1:30pm – 2:30pm | This workshop provides a general orientation to library resources and services as well as a brief introduction to Indigenous research methodologies. You will learn tips and tricks for developing a research strategy and navigating relevant resources (such as the catalogue and online databases) in order to find, evaluate, and cite relevant sources for your assignments. Questions on using the Library website, or specific to an assignment are welcome.

Workshop: How to Succeed in Online Exams
1:30pm – 2:30pm | What are the top, evidence-based, ways to prepare effectively for exams? And what should we know about what to expect and prepare for in the current context of online exams that are often open book? Come learn the answers to these questions, and feel free to bring your own.

Workshop: How to Argue Academically
1:30pm – 2:30pm | Effective argumentation is a core requirement of many writing assignments across the disciplines. Yet students are often unsure how to write a clear and compelling academic argument. It isn’t the same as arguing with your partner or your parents! In this 50-minute session, learn the particular rules governing academic argument as well as tips for developing and defending a solid argument in your written assignments.

Town Hall
11:00am – 12:00pm | Join us for our monthly town hall to receive updates about the ISC community. This is your opportunity to bring any questions, concerns, or feedback you may have to best support your student experience.

Cultural Connections: Medicine Pouches
2:00pm – 4:00pm | Details will be confirmed closer to the date!

Book Club
11:00am – 12:00pm | Registration to receive mailed books is open until Sept. 17. If you miss this registration deadline, you are still able to participate in the book club, but must provide your own materials.

Workshop: Managing Procrastination
1:30pm – 2:30pm | Procrastination is, at the best of times, something that most students do, and it tends to be aggravated by stress, isolation and the lack of structure that comes with online courses. Guess what? We are now in a time of stress, with much less social interaction than usual, and working in the online environment, and even SLC professionals sometimes struggle to stay productive! Join us in breaking the isolation and talking about how to manage procrastination even under the most adverse circumstances.

November
Workshop: Hot Tips for Revising
1:30pm – 2:30pm | Congratulations—you’ve drafted your paper! What’s next? This workshop overviews a technique of revising higher-order concerns, then looking at the finer details of your piece. You’ll also learn more about common errors that can trip up even strong writers.

Cultural Connections – Movie
2:00pm – 4:00pm | Vote from a list of suggested titles and join the ISC community to watch the top movie choice!

Workshop: Career Path Visioning (Part 1 of 2)
1:30pm - 3:00pm | See description from November 10.

Workshop: Career Path Visioning (Part 2 of 2)
1:30pm - 3:00pm | See description from November 10.

Book Club
11:00am – 12:00pm | Registration to receive mailed books is open until Sept. 17. If you miss this registration deadline, you are still able to participate in the book club, but must provide your own materials.

December
Holiday Event
Save the date! The ISC would like to recognize all of your hard work this term and bring together the ISC community in a casual end-of-term celebration. More details will be provided closer to the date.