

Indigenous Transition Program

AUGUST 9 – SEPTEMBER 3, 2021

This free program will help students prepare for college. Participants will get to know the Cambrian community while discovering what services are available to help support them throughout their college journey.

FEATURES:

- No cost to join (supplies also provided)
- Choice of learning on campus or virtually
- Opportunity to build connections with Indigenous students, professors, and members of the Sudbury community
- Multiple ½ day workshops held by faculty in Cambrian College labs (virtual option is available)
- Wholistic teachings will be provided to help ground participants in their college experience (based on the Medicine Wheel)
- Academic skills and college success strategies will be woven throughout the program

PROGRAM BREAKDOWN:

Week 1 (physical):

Get to know more about Cambrian College, the Sudbury community, and the lands that surround us.

- Campus tours
- Bus trips
- Visits to community agencies
- Hiking
- Team building activities
- Exercise and nutritious cooking workshop

Week 2 (spiritual):

Learn about medicines and receive teachings from Elders and traditional knowledge keepers.

- Storytelling
- Activities to make moccasins, talking sticks, dreamcatchers, medicines, and smudge kits

Week 3 (emotional):

Discover what emotional supports can be accessed at Cambrian and in Sudbury, and ways to release through ceremony and on the land.

- Learn how to use a bundle
- One-on-one opportunities with Elders
- Inspiring stories will be shared by those who overcame difficult times

Week 4 (mental):

Gain skills that will help with academic success.

- Goal setting and budgeting
- Workshops on essay writing, using the library, effective studying, and delivering presentations
- Mindfulness activities (painting and beading)
- Meet and greets with program coordinators and professors

FOR MORE INFORMATION:

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Please note: This program is being offered as part of a Research Study exploring the benefits of an Indigenous Transition Program. Participants will be asked if they would like to be a part of the Research Study.



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