

Newsletter



The ASC is
YOUR Centre
YOUR Education
YOUR Community
UR Voice

On behalf of the Aboriginal Student Centre (ASC), I would like to offer our greetings to all students, staff and faculty, and hope you had a great Thanksgiving break and are all ready to get back into the swing of life on campus. We had a very interesting kick-off to the Fall Semester with a few new developments taking place in the ASC. First off, I would like to welcome Osawa Kiniw Kayseas, Student Success Facilitator, to the ASC team. Osawa is responsible for our niticipinama oma program, and to date, I must say she has been a strong contribution to the ASC. With an introduction of a new staff member, we also reluctantly have to bid farewell to Cultural Advisor Glen Anaquod who has seen it was in his best interest to take a break for a bit. We send our best regards.

Much of our regular programming is underway and I would like to remind, invite, and encourage all of our campus community to stop in and visit us. Many of our activities involve providing support for our Aboriginal students within our Cultural Awareness Program, through our Cultural Advisors, and with such initiatives as Rediscovering the Path. We are open for all of the campus community to partake, and provide opportunities to learn more about the rich vibrant cultures of Aboriginal Peoples. We are located in College West 117, so please feel free to stop in and pick up our calendar, and let your students and colleagues know we are here. If you have any questions, concerns, or need assistance, please contact us at the ASC. For more information about the programs and supports we offer at the ASC, please visit our website: www.uregina.ca/asc

Please make the most of your Uof R experience by helping us build a strong Aboriginal community on campus.
Sabrina - ASC Manager

My name is Jacqueline Thompson and I am the ASC Program Coordinator. I have been working in the Centre since 2007, first as a Student Ambassador, than after graduation as a full time employee. I graduated with a First Nations University of Canada Administration Degree. In my spare time I play a lot of volleyball, and am a part of the Red Riot Ladies Volleyball Club. In the Centre, I coordinate programs, services, events, activities, and provide other direction when I can.

Tipi Raising Competition

This year the Centre hosted its 3rd Annual Tipi Raising Competition. The competition was initiated by Advisor Glen Anaquod, with teamwork, cultural education, and campus unity in mind. All together 100 competitors and volunteers participated, making this year's competition a success. Competition winners include teams from: University of Regina, First Nations University of Canada, Saskatchewan Indian Institute of Technologies, Treaty Four Education Centre, and MicroAge.

CIBC kâspohtamâtôtân Aboriginal Mentorship Program

I encourage everyone to consider volunteering for the CIBC kâspohtamâtôtân Aboriginal Mentorship Program. As a group, we volunteer our time in the community and with prospective post-secondary students, assisting and supporting their academic success! So basically, the program asks you to share your academic struggles and experience with others. As a mentor, you commit to one personal and one group meeting per month. This Fall there are 25 mentors volunteering from the University of Regina, First Nations University of Canada, Saskatchewan Institute of Applied Science and Technologies, and Saskatchewan Urban Native Teacher Education Program.

Our first group mentorship event is Friday, September 22, 2010. We will be attending the Regina Shock House, 1275 Albert Street, meeting at 8pm! The Shock House is a 10,000 square foot unguided walkthrough event – the theme for this year's event is Insane Asylum. The Carry The Kettle Haunted Hay is CANCELLED. Since we are not going out of town, and the Shock House is a central city venue, transportation will not be provided.

Save The Date...

Time Management - Wednesday, October 27th

ASC - CW117 2:30 to 3:30

Don't let your responsibilities pile up on you - attend this time management seminar to learn effective strategies for prioritizing, getting started, managing distractions and setting limits. When you take control of your time, you'll reduce anxiety and enjoy your free time. You could put off attending this seminar...but why not come and learn strategies for fighting procrastination and getting on track? This seminar is for students who want to ensure that procrastination doesn't hold them back from reaching their academic goals.

Traditional Parenting - Wednesday, October 27th

ASC - CW117 3:30 to 6:00

An introduction to western and Aboriginal traditional parenting techniques, concepts, methods and the differences between them.

Aboriginal Student Career Fair - Thursday, October 28th

hallway of Collge West 10:00 to 2:00

Come and check out employers looking for students and what they have to offer you. Sponsored by ISC.

Pumpkin Carving Contest - Friday, October 29th

ASC - CW117 1:30 to 4:30

Without a doubt the most recognizable symbol of Halloween is a pumpkin carved into a jack-o-lantern. Enter a team of 2-4 people. There will be prizes, tasty snacks and ghoulish beverages.

UR Voice Luncheon - Wednesday, November 10th

ASC - CW117 12:00 to 1:00

The ASC hosts luncheon sessions which allows the opportunity for students to learn about the various types of programs, services, student clubs and activities available throughout the campus and Federated Colleges.

Exam Preparation - Wednesday, November 10th

ASC - CW117 2:30 to 3:30

Make attending this seminar a part of your preparation for midterm exams. Learn about effective study habits and time management, and discover strategies to help you improve your recall, reduce anxiety, and write different types of exams such as multiple choice, essay, and math.

Rediscovering the Path - Wednesday, November 17th

ASC - CW117 11:45 to 2:30

RTP is a Cultural and Traditional Advisors' forum that is open to the public. Visiting Advisors from southern Saskatchewan First Nations share their personal insight and cultural experiences, preserving Aboriginal oral history.



From our Student Ambassador's Perspective...

Tansi. My name is Carmen. I am from Pelican Narrows, Saskatchewan and a member of the Peter Ballantyne Cree Nation. I am employed here at the Aboriginal Student Centre and also a full time student. I was out of school for quite a few years because I was unsure with what to do with my life. I decided to pursue film because I was curious as to what went on during the production aspect of the films I enjoyed. After discovering that the University of Regina had a Film and Video Production Program I took the necessary steps in completing my Adult Twelve.

I moved from Prince Albert to Regina in the Fall of 2008. Things were challenging at first with finding a place to live, securing childcare, adjusting to a new city and school system. I am now enrolled in the Film and Video Production Program after being interviewed and accepted into the program. I enjoy working here at the Aboriginal Student Centre because it's an opportunity to meet new people and help in any way I can. In whatever spare time I have, I enjoy spending time with my son, family and friends. I also enjoy watching films and listening to music.

Once I get my degree, I plan to create documentaries, independent film, and some animation. I am interested in traveling to other countries and working with various people.

I have come to like living in Regina and meeting new people at school. I wish all you all the best in your studies and dreams. See you at the ASC!

Okosi,
Carmen Ratt

