

S'olh Shxwlèlì Siya:ye



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Aboriginal Access Services

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Visual Art - Carving Certificate

The Visual Arts department Aboriginal Access Services are currently offering a Visual Arts Certificate program in Traditional and Contemporary Carving taught by Master Sto:lo carvers Francis Horne Sr. and Rocky LaRock. In addition to the Carving course, students are also enrolled in IPK 277 - Indigenous Art: Stories and Protocols taught

by Michelle Sylliboy. Learning in this class is anchored in and built upon life experiences and collective wisdom of the participants. Students will make connections from pre-contact protocols and practice through to contemporary applications. They will learn about the traditional teachings, the effects of colonial impacts, contemporary revivals and discover their personal "gift" as

an artist. Students are also enrolled in IPK 100, taught by Alanaise Goodwill this semester. In this class, the carving students will receive training and education in speaking about their art work in both collegial and professional settings, with an emphasis on developing oral presentation skills. The 18 credit program will conclude at the end of next semester.

See photos on page 7

Honour Your Health Challenge

The Honour Your Health Challenge, provincial training event took place Oct. 20-23 in Vancouver. The focus of this event is to promote health and wellness among Aboriginal people. Workshops are taught throughout the day to facilitate the promotion of a six week health challenge within schools, colleges and communities.

The leadership of this event are Aboriginal people, as were most of the workshop presenters. It's exciting to hear what our communities are doing to promote health and wellness. It's an excellent place to exchange information and ideas. Aboriginal Access services will be facilitating an Honor Your Health

Challenge. We will be organizing various activities and events. We look forward to your participation in this journey of becoming healthier. Watch for more information in upcoming newsletters & keep an eye out for our posters.



New Faces . . .



"We should be talking about health as the optimum well-being of our people. Not the ailments. That is not health. What are the good ideas, what are the things that give us success?"

Willie Ermine, Assistant Professor, First Nations University of Canada



Michelle Sylliboy

Michelle is from Cape Breton, Nova Scotia. Her position is Acting Aboriginal Access Coordinator.

Michelle is a Mi'kmaq artist and educator who completed her Undergraduate degree at Emily Carr Institute of Art & Design and Masters in Education at Simon Fraser University.

She teaches the Indigenous Art: Stories and Protocols course (IOK 277). During her spare time she is a poet, sculptor, and photographer.

She is very happy to be here at UFV and is looking forward to meeting new people and working with Aboriginal Access Services.



Judy Cathers

Judy is the new Aboriginal Access Services clerk at the Abbotsford campus. She is from the Hoh River tribe located in Washington state. Judy has an Associate of Arts degree and is currently taking courses towards a master's degree. Her

office is located on the Abbotsford Campus in Room A219a. She would love to meet you so if you haven't done so already, stop by and say hello.

Alanaise Goodwill

Alanaise Goodwill is Ojibway of the Sandy Bay First Nation in Manitoba. She is a

graduate of both Simon Fraser University (Bachelor of Science) and the University of British Columbia (Master of Arts). She is currently a Ph.D. Candidate in the Counselling Psychology Program at UBC. Alanaise has been a sessional instructor of IPK courses at UFV since September 2007.

Francine Roberts

I am a Tzeachten First Nation band member. I started at UFV as a casual clerk at the Chilliwack Campus. Previously, I acquired 8 years of office administration skills, education, and training; which

includes nearly 4 years of experience of working in various First Nation Environments. You will usually see me here Mondays, Thursdays and Wednesday evenings. Also I will

be assisting in Craft Nights which take place on Tuesday nights from 6:00-8:00pm. Please feel free to join us! If you would like to contact me, you can do so via email: francine.roberts@ufv.ca

Exam Skills

Strategies for Writing Essay Exams

1. REVIEW ALL THE ESSAY QUESTIONS:

Put a check mark beside the question(s) you are most confident in answering.

2. BUDGET THE TIME:

Decide which questions you will answer first. Calculate the number of minutes you have to answer each question.

3. MARKS:

Often the instructor states how many marks the question is worth. →

Use this as a guide for the number of ideas/facts/concepts you should include in the answer and the length of the essay.

4. TOPIC AND THESIS STATEMENT:

Reread the question. Underline the key word in the question.

Key words often used in essay questions include: "define", "analyze", "cause/effect", "compare/contrast", "describe".
i.e. "Select a traditional Stó:lō ceremony" and describe how that ceremony reflects Stó:lō values."

Circle the word/phrase that states the **topic** of the question i.e. "Stó:lō ceremony".



Need help with your studies? Tutoring is available. Let us know and we will be happy to set it up for you



Essay Exams cont'd

The **thesis statement** is what you are going to tell about the topic i.e. "The First Salmon ceremony reflects the oral history and cultural values of the Stó:lō".

Check, does the thesis statement answer the question? If not rewrite your thesis statement.

5. WRITE THE DRAFT OUTLINE:

Using the key words as a guide, write brief notes that support your thesis statement.

Defend/explain your thesis statement with data, examples and facts.

Include specific references to information from the course materials.

Number these ideas/facts/concepts into a logical order.

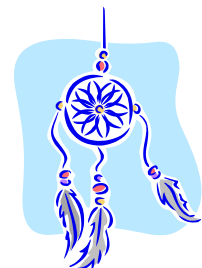
6. WRITE THE ESSAY

Begin by stating your thesis statement in an introductory paragraph.

Each supporting idea/fact/concept and detailed in the following paragraphs. Write a conclusion which restates the thesis statement.

7. PROOF READ

Proof read your essay correcting spelling and grammar errors.



Thank you to Laura for submitting this helpful exam information. She is available to assist students with writing assignments.

Laura's office hours are:

- Monday and Wednesday from 2:00-8:00 PM in Chilliwack (Rm G120)

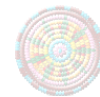
- Tuesday from 8:30 AM - 8:30 PM in Abbotsford (Rm A219a)



The University of the Fraser Valley celebrated the installation of the institution's first chancellor, Dr. Brian Minter, completing its transition to university status and expanding the opportunities for British Columbian students.

Drummers Johnny Williams and Jason Thompson led the procession

Strategies for Writing Multiple Choice Exams



1. REVIEW THE QUESTIONS:

Quickly read all the questions. Put a check mark by the questions you feel confident you can answer.

Answer the questions you checked first.

2. READ EACH QUESTION CAREFULLY:

Circle key words. Pay attention to words and phrases that may narrow your focus i.e. "most important", "never", "always", "none", "primary criticism".

Try to remember when the subject of the question was mentioned during the course and the important information discussed at that time.

3. THINK OF THE ANSWER:

Cover up the answer choices. Think of how you would write the answer. By predicting the answer first, you are more likely to choose the correct answer from the choices given.

4. READ ALL THE ANSWER CHOICES:

First, read all the alternative answers.

Second, read the question again. Third, keeping the question in mind, cross out the alternatives that DO NOT answer the question, put a check beside the answers you think may be correct and a question mark by the answers that are doubtful.

Multiple choice exams cont'd

5. CHOOSE THE BEST ANSWER:

Reread the question and the answer(s) you checked as being the best answer. Is this answer the best fit for the question?

If you are not certain, put a question mark beside the question and MOVE ON to the next question. Do not get stuck on one question.

6. REVIEW YOUR ANSWERS:

Review the questions you did not answer first. If there are no penalties for wrong answers make intelligent guesses.

Review the other questions focusing on the key words of the question. Change your answers only if you can logically explain to yourself why you are making the change.

Sto:lo Studies Certificate



Indigenizing

The Faculty of Arts is offering a Sto:lo Studies certificate. This 30 credit certificate is awarded to students upon successful completion of Halq 101, 102, 201, 202 and FNST 101, 102, 201, 202, HIST 103 and an IPK elective. IPK is the subject name for Indigenous Peoples Knowledges courses at UFV. This certificate acknowledges the Sto:lo territory and can be completed alongside a student's other programs.



UFV in partnership with the Aboriginal Community Council is undertaking the task to Indigenize our Academy. This initiative involves increasing indigenous content in courses and programs as well as increasing awareness among students, faculty and staff of respectful inclusive ways of knowing and understanding the world around us. Project initiatives will be on-going. For more information contact ARC@ufv.ca



University of the Fraser Valley

Aboriginal Access Centre

Abbotsford Campus

Room A221a, A219a
33844 King Rd.
Abbotsford, BC V2S 7M8

Phone
604-504-7441 ext 4255

Fax
604 855-7614

Chilliwack Campus

Building G
45635 Yale Rd.
Chilliwack, BC V2P 6T4

Phone
604-795-2835

Fax
604-792-2388

The Meaning of Life

The Meaning of Life at Kwikwèxwelhp features Rita Leon and Arnold Ritchie.

This documentary looks at a different kind of prison as a fascinating model for rehabilitating prisoners - a collaboration between the Chehalis Nation and Correctional Service of Canada. Filmed over two years at Kwikwèxwelhp

(formerly known as the Elbow Lake Correctional Facility), the film examines a different way to look at the concepts underlying punishment and rehabilitation and the idea that the current prison system can be significantly changed by including community in the process.

This documentary film was shown various

times at both Abbotsford and Chilliwack Campuses, A DVD, consisting of the 82-min documentary plus two and a half hours of additional interviews with inmates, elders and experts, is available through Isuma Distribution International (www.isuma.ca) and Face to Face Media (www.facetofacemedia.ca)



We would like to acknowledge the following website for some of the clipart we used:
http://www.firstpeople.us/FP-HTML-Clipart/NativeClipart_pg1.html

Metis Day by Jared Geiger

Canada is made up of diverse, multi-cultural populous each with their own history and traditions.

Upcoming this Nov. 12, 2008 is UFV's celebration of Metis Day, otherwise known as Louis Riel Day.

The Metis are one of the three recognized Aboriginal groups of

Canada; the other two being the First Nations and the Inuit. As of 2006 Census, Canada's Aboriginal population reached a total of 1,172,790 with 389,785 of those being Metis.

What is Metis? Well, it's a mixed ancestry of the first European settlers in North America and Eastern

Atlantic Aboriginal groups such as the Cree, Ojibway and Algonquin to name a few.

Celebrations will be from 11:00am to 1:30 pm. Metis fiddlers will be present to give a taste of some true Canadian music. Watch a weaver, jigging and enjoy some delicious food.



Do you need a bit of a stress reliever and some relaxation???

Well, here's a wonderful opportunity for you:

Student Luncheons by Francine Roberts

You are all invited to our student luncheons.

The first one will take place on:

Monday, Nov. 10, 2008 from 11:00 AM to 1:00 PM. Terry Prest,

our elder, will give a presentation about Sweat lodge

Our second luncheon will be on:

Thursday, Nov. 27 from 11:00 AM to 1:00 PM. A presentation about a pipe

ceremony will be given by Terry Prest.

The luncheons take place on the Chilliwack Campus in our Aboriginal Access Centre.

Foot Massage Therapy

Offered by Sheena Edwards, UFV student.
November 7th
Location:

Aboriginal Access Services
Chilliwack
Room G120

Bookings from
9:00am - 3:30 PM

\$15 for half an hour

Craft Night by Francine Roberts

When: Tuesday's
Time: 5:00-8:00 PM
Where: Chilliwack campus, Aboriginal Access Center, Building G120

Please join us Tuesday nights on the Chilliwack campus!

We have various arts and craft material which include:

- Leather
- Beads
- Fabric material
- Wool/yarn
- Sewing machine

You are also welcome to bring your own material if you like, or bring your crafting talent to share with others!

We hope to see you there!

