



SEVENTH
GENERATION

Winter, 2015

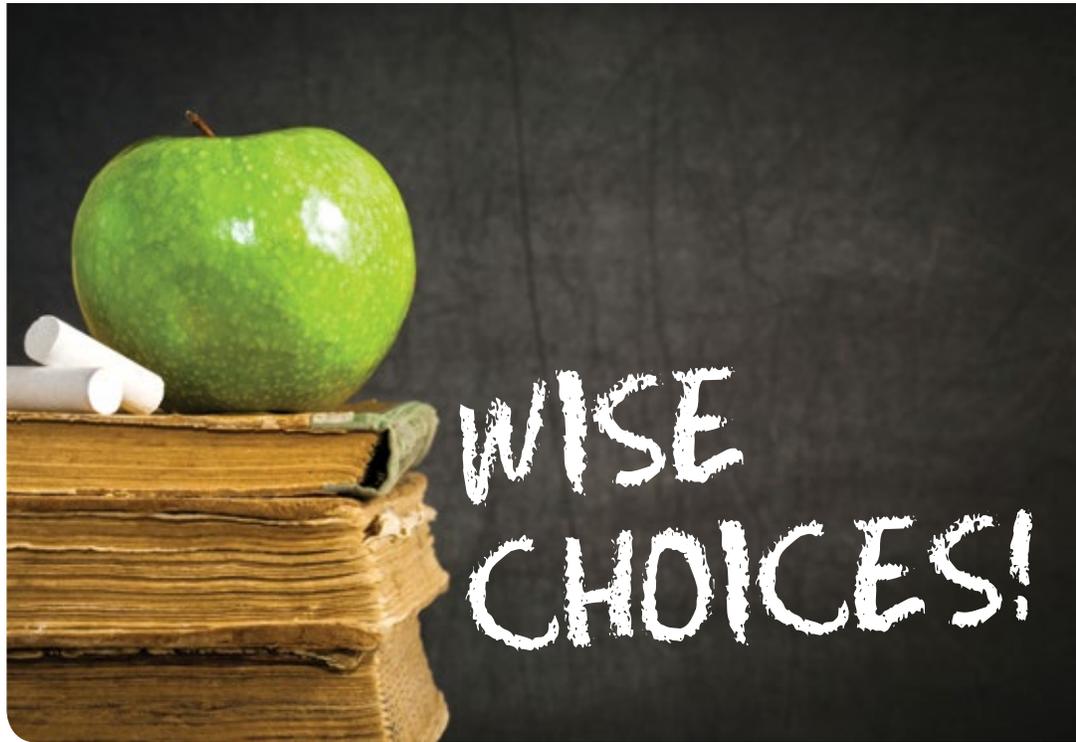
club NEWSLETTER

SENIOR EDITION



INSIDE THIS ISSUE:

- Wise Choices!
- Did You Know?
- What's in a Name?
- Who's Here?
- Canucks Corner
- Planning for Higher Education
- It's My Future
- Online Safety
- Study Habits
- Culture Talk
- Career Corner
- Club Spirit Contest



What's in a name?

The name Seventh Generation Club refers to an Indigenous teaching about how our choices today have impact far into the future – even seven generations ahead! So, as you make choices about school and your future, remember that you are powerful! Each one of us can make changes in our lives and a difference in the world.

Did you know?

A **Dogwood Diploma** is the name for the secondary school graduation certificate and it is what you need for entrance into university and other higher education. An Evergreen Certificate is not a graduation certificate and it is not enough for university entrance. Make sure to take all the right courses you need in high school to graduate with a Dogwood Diploma.

One of the exciting things about high school is that you may get to choose between different types of courses. Remember some courses are much better for keeping your options open for college, university, and other technical training opportunities.

Here are some of the differences:

Math courses.... Foundations 10 or Apprenticeship and Work 10?

Foundations 10 opens more post-secondary doors than Apprenticeship and Work 10. Foundations 10 is a math course required for entrance into universities and for many post-secondary programs. We encourage you to take Foundations 10 to keep your options open.

English courses... English 12, English First Peoples 12 or Communications 12?

Choose English 12 or English First Peoples

12. Communications 12 is not enough for entrance to university and many colleges. English First Peoples 12 is an English course based on First Peoples content. All BC universities accept English First Peoples 12 or English 12 for their entrance requirements. Presently, few BC schools offer English First Peoples 12 as it is still very new, so ask your school about it! English First Peoples 12 satisfies high school graduation requirements. We encourage you to stick with English First Peoples 12 or English 12.

It is smart to ask for advice!

The names and types of high school courses can change over the years. Meet with your school counsellor or your Band Education Coordinator to discuss what courses you will need to graduate with a Dogwood Diploma and stay on track for your education and career goals.



Who's Here? Attendance Counts!

We all have gifts. Education is a way of strengthening our gifts and education can open many doors to share our gifts.

If you're having trouble getting to school because of problems with transportation, bullies, or other reasons, tell someone, such as a guidance counsellor or your parents. Many schools and communities offer services that support access to health care and reliable transportation.

Honour your gifts by attending school every day.



Canucks Corner - Set SMART Goals

Scoring goals is a big deal but the Canucks know that setting goals is important, too.

Someone who is a goal-setter knows that success comes from achieving small goals they set for themselves. A whole bunch of small goals can build up and help achieve what you want in life – whether it has to do with school, a future career or athletics.

Goals can be big dreams, like winning the Stanley Cup, or they can also be small and simple, like lifting heavier weights or skating faster. Setting goals can provide direction and inspiration to get the team to wherever they need to be.

If you're wondering how to become more goal-oriented, try to make every goal you set a "SMART" goal...

Specific: What exactly do you want to happen?

Measurable: How will you know if you have reached your goal?

Action-oriented: What steps will you take to reach the goal?

Realistic: Can you achieve this goal?

Timely: What is the deadline for reaching your goal?

Which of these goals is a SMART goal?

1. a) "I'm going to become a better student."
b) "I'm going to get an A on next week's science test by studying 10 minutes every night this week."
2. a) "I'm going to memorize 10 new words or phrases in my First Nations language by May 30th."
b) "I'm going to become a better speaker of my First Nations language."

By making SMART goals, you can become a goal-setter on the way to making your dreams a reality. Share your educational goals with the adults in your life including teachers, parents, aunts, uncles, grandparents, older siblings, and older cousins.



PLANNING FOR HIGHER EDUCATION

Start Planning Today

Wondering how you will be able to pay for higher education in the future? Ask your Band Education Coordinator about Band funding for post-secondary education. Also spend some time browsing online and talking to your school counsellor/teacher about scholarships, bursaries and awards.

Many scholarships and awards have few applicants, so it is a great idea to apply for as many as you can. Do you volunteer at community events such as feasts, dances, or pow-wows? These activities count as volunteer community service and you can include them in your scholarship applications.

Here are two examples of scholarship opportunities:

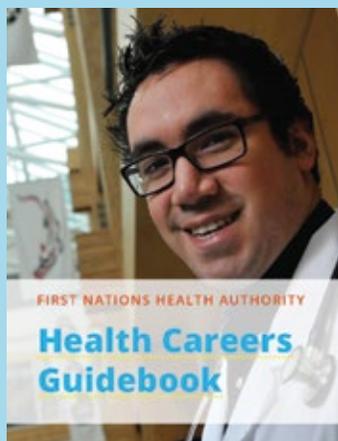
- **YVR Art Foundation Youth Scholarship**, for BC First Nations youth between 16 and 26 who want to become professional artists and have been accepted to study with a mentor or institution of learning
- **Irving K. Barber Scholarships**, for Aboriginal people wanting to pursue post-secondary education

To find these opportunities and many more, search online for “Aboriginal Bursaries Search Tool” which is available from Aboriginal Affairs and Northern Development Canada. You can search by keywords, provinces and by scholarship/bursary name.

Happy hunting!

It's My Future

You will see career tips throughout your Seventh Generation Club daytimer. For instance, learn about becoming a Health Planner or Policy Analyst, like Melissa Daniels of Stz'uminus First Nation (daytimer page 90). On its website, the First Nations Health Authority has an excellent Health Careers Guidebook with many career ideas and role models.



Online Safety

If you wouldn't want your grandma to see that photo, don't send it to your friends or post it online. No technology is 100% safe from bullies and hackers. Once you put something on the Internet it's out of your control.

Study Habits

Ask friends and family who are or have been in college or university about their study habits. Do they recommend a specific routine? What study habit do they find most helpful? What should you avoid if you are trying to develop good study habits?

Culture Talk

- Many communities have specific protocols for asking an elder for knowledge. Are there protocols in your community for asking an elder for knowledge?
- Are there traditional teachings in your First Nations culture about what it means to live a good life? How would you define a good life?
- Do you know how to say hello in your First Nations language? Do you know other words and phrases? Try to use your traditional language at least once every day.
- Many First Nations people say “all my relations” after speaking in public. Ask elders and other cultural teachers what this phrase means to them.

Brianna Quock

Helicopter Pilot

Tahltan and Nisga'a Nation

When Brianna was young she went to a small school and her grandmother and father taught her about respect for the land and for her culture. During high school she wasn't sure what career she wanted but then she found out a mentoring and training program and learned about the possibility of a career as a helicopter pilot. Inspired, Brianna went on to take helicopter training in Abbotsford, and that training involved 100 hours of flying plus flight tests.



After her training, Brianna was hired by a helicopter company as a junior pilot. Soon after, she took on more duties, including managing the office, ordering supplies, and marketing the company.

Becoming a pilot took time and effort, but today Brianna loves her career. Her advice to others?

"Always push yourself, even if you think you can't do it. Life isn't as easy as you may think it is, but if you have patience and persevere, you can accomplish anything."

Interested in a career as a pilot? Here are the key skills you need:

- Math skills
- Excellent hand-eye coordination
- Concentration
- Clear written and spoken communication skills

More Transportation Careers... Whether it is moving people or goods, we depend on transportation to keep everything moving! There are careers to fit many interests, from working with people, to operating large machines in the sea, in the air or on the land. Other careers to explore include Aircraft Mechanic, Flight Engineer.

Club Spirit Contest

Take a photo or draw a picture to show your school's Seventh Generation Club. It can be a photo or picture that shows your club playing a sport, celebrating First Nations culture in your school, or another activity that shows your Seventh Generation Club spirit!

All entries will be placed into a draw for some great Vancouver Canucks prizes for your club!

Please include your name and grade on your entry. Good luck!

Send your entries to by **March 1, 2015** to:

The Seventh Generation Club
seventhgen@fnesc.ca
c/o First Nations Education Steering Committee
Suite 113-100 Park Royal South
West Vancouver BC V7T 1A2



Queneesh School Seventh Generation Club

The Seventh Generation Club is coordinated by the First Nations Education Steering Committee and First Nations Schools Association, in partnership with the First Nations Health Council and the Vancouver Canucks.



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