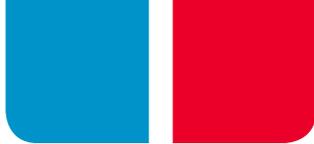




SEVENTH
GENERATION

Spring/Summer, 2015



club

SENIOR EDITION



NEWSLETTER



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Reflections

Attendance Counts!

If you think missing a day of school here or there won't matter, think again! By missing just one day every two weeks, you would be on track to miss 10 percent of the school year – and that can happen before you know it. Students who attend school regularly are more likely to graduate and find good jobs.

First Nations languages help us understand the world through First Nations concepts. Ask your school about First Nations language courses and ask your community about First Nations language learning opportunities.

At the start of the year you set goals for the school year. Did you reach them? If you did then give yourself a pat on the back for your hard work! If you didn't reach all of your goals that is okay too. Think about trying new ways to reach your goals in the future. As you enjoy the summer break, think about your goals sometimes so that you can remember

them and keep working on them in the next school year.

Thank you very much for being a part of the Seventh Generation Club this year! If you have any art or photos to share with the Club, send them in soon so that we can put them in the club daytimer and future newsletters.

High School Courses - English 12 or Communications 12?

The high school course Communications 12 is not required for many post-secondary programs but English 12 or English First Peoples 12 is required.

If you choose only Communications 12 you may find that you have to take English 12 or English First Peoples 12 after

you graduate before going on to post-secondary.

Make a smart choice – take English 12 or English First Peoples 12 to graduate from high school – not just Communications 12.



Interview with **Krisandra Gomez**

Registered Nurse

Tseshah First Nations

Health care provides many challenging and rewarding job opportunities, and opportunities to make a difference to people's lives in one way or another. There is a demand for First Nations professionals in many health care professions.

We asked Krisandra Gomez about how she became a Registered Nurse and here is her story.

"My role is to take care of patients and I work in the medical/surgical department at West Coast General Hospital in Port Alberni. It is a busy, fast-paced environment and you always have to be on your game and you have to have a lot of patience. You are doing IV starts, you are doing IV medications, you are taking out drains and putting in catheters – anything that requires a nurse requires a registered nurse because their scope of practice is more involved."

"I wanted to be working with my people, First Nations people, and to make them more comfortable and letting them know that there are First Nations people out there who are nurses and who are able to provide services for them. I didn't really know what I wanted to be when I grew up I had not a clue. I was thinking of native courtworker, or a lawyer or something like that but then living on Vancouver Island and trying to figure out what to do I decided it was best to stay in the community and to find out what the community needs would be. We needed nurses – there is a handful of First Nations nurses anywhere and I wanted to increase those numbers."

I did a lot of preparation. You do a lot of volunteer work before you go into the nursing program – you need to do that in order to get in. Once you are in the Bachelor of Science of Nursing Program (it is a four year program) at Vancouver Island University it is an intense program."

"To have that ambition and to know that you need an education to go anywhere in life – the course is hard and it is very intense but it is totally doable. If I can do it, anyone can do it, that is how I feel. I didn't go to nursing school until I was 26-27 but I would say finish high school and go right into university, to get it out of the way and keep that mind frame."

"Nursing is totally rewarding – you feel so awesome helping, patients, being with the patients, sending them home and knowing that they are on their healing journey."

I would say finish high school and go right into university, to get it out of the way and keep that mind frame.

Career Path Highlights

- High school upgrading
- Volunteer work in health care (requirement for nursing program)
- Bachelor of Science in Nursing (Vancouver Island University)



EducationPlanner.ca

EducationPlanner.ca is an interesting and useful website that helps you to study your career options and plan for post-secondary education. The site allows you to search over 2000 undergraduate programs offered by BC postsecondary institutions. You can compare courses, find out admission requirements and look up tuition fees for each institution.

EducationPlanner.ca is an easy to use site that is designed to work on any computer, and doesn't require any extra downloads or a fee. You can browse without logging in, or you can sign up to save data.

There are several ways to begin your search, but a fun one is to use the Word Association Game. Simply go to www.educationplanner.ca to get started.

Tourism Careers

Did you know that the First Nations tourism industry generated about \$35 million in 2014 and may grow as high as \$68 million in 10 years? That makes tourism a great career choice.

Is the tourism industry right for you? If you like working with people, that's a great start. Working in the tourism industry might involve being an outdoor guide, working in a hotel or restaurant management, being a travel agent or maybe owning your own tourism-based business. Many opportunities are available. To do well in the field, you could consider all kinds of post-secondary training programs. For example, several colleges in BC offer tourism training or business administration degrees. Both of those options would give you useful skills. So start planning now, and you might find

yourself with a great job in this growing industry.

To enter into tourism programs at university and college you will need your high school graduation diploma (Dogwood Diploma), and English and Math 12, plus computer skills.

More resources:

Aboriginal Tourism BC
www.aboriginalbc.com

Aboriginal Tourism Operations Certificate Program and Aboriginal Tourism Management Diploma Program, Native Education College
www.necvancouver.org

Aboriginal Tourism Certificate, Thompson Rivers University
www.tru.ca

Traditional Roles and Responsibilities

Ask adults in your community what roles and responsibilities adults traditionally had in your culture. What were important things that adults were expected to know in order to contribute to the community? What are important things you should learn in order to become an adult today?

*You have brains in your head.
You have feet in your shoes.
You can steer yourself any direction you
Choose.
You're on your own.
And you know what you know.
And you are the guy who'll
decide where you go.*

- Dr. Seuss, *Oh the Places You'll Go*

Know Your Rights!

Made for youth, the app Rep4Rights helps you to understand and speak out about your rights under the United Nations Convention on the Rights of the Child.

The free app is easy to download by going to the iStore or GooglePlay or by visiting the website of the Representative for Children and youth at www.rcybc.ca



Club Contest

Choose a word in a First Nations language and draw a picture, take a photo or write a short picture to show us what it means. Also please tell us what First Nations language it is. Deadline **September 15, 2015**. Good luck!



Gold River Secondary School Seventh Generation Club



Kumsheen Secondary School



Valley View School Seventh Generation Club



Lady Grey Intermediate School Seventh Generation Club

“Where do you begin telling someone their world is not the only one?”

– Lee Maracle, Author, Ravensong

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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