Thank you for the awesome program! It made the transition to university a lot easier!

100% of START Indigenous participants agreed they feel better prepared to and able to succeed as a result of the program.

You are invited!
Explore
Learn
Connect

- Join the U of G Indigenous community
- Meet other students and the ISC staff
- Learn about resources and supports
- Discover all the ways to get involved
- Get a foundation for a successful year
- Have your questions about the transition to university life answered

Join the U OF G FIRST NATIONS, INUIT AND MÉTIS STUDENT community on Microsoft Teams to get connected to the Indigenous community, stay up to date over the summer and join START Indigenous.

For more information email indigenous.student@uoguelph.ca.

“Thank you for the awesome program! It made the transition to university a lot easier!”

100% of START Indigenous participants agreed they feel better prepared to and able to succeed as a result of the program.
# TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>WELCOME</td>
<td>4</td>
</tr>
<tr>
<td>Meet the Indigenous Student Centre</td>
<td>5</td>
</tr>
<tr>
<td><strong>SUPPORTING YOUR ACADEMIC SUCCESS</strong></td>
<td>6</td>
</tr>
<tr>
<td>Academic Advising</td>
<td>6</td>
</tr>
<tr>
<td>The Learning Commons</td>
<td>6</td>
</tr>
<tr>
<td>STARTonTrack</td>
<td>7</td>
</tr>
<tr>
<td><strong>INDIGENOUS STUDENT CENTRE</strong></td>
<td>7</td>
</tr>
<tr>
<td>Indigenous Student Advisor</td>
<td>7</td>
</tr>
<tr>
<td>Visiting Elders and Knowledge Holders</td>
<td>8</td>
</tr>
<tr>
<td>Programming</td>
<td>8</td>
</tr>
<tr>
<td><strong>LIFE IN GUELPH</strong></td>
<td>9</td>
</tr>
<tr>
<td>Student Housing Services</td>
<td>9</td>
</tr>
<tr>
<td>Living Off-Campus</td>
<td>9</td>
</tr>
<tr>
<td>Outside of the Classroom</td>
<td>9</td>
</tr>
<tr>
<td>Student Organizations</td>
<td>9</td>
</tr>
<tr>
<td>Gryphon Athletics</td>
<td>10</td>
</tr>
<tr>
<td>Student Volunteer Connections</td>
<td>10</td>
</tr>
<tr>
<td>Getting Around The City</td>
<td>10</td>
</tr>
<tr>
<td><strong>INDIGENOUS COMMUNITY ORGANIZATIONS</strong></td>
<td>11</td>
</tr>
<tr>
<td>Anishnabeg Outreach</td>
<td>11</td>
</tr>
<tr>
<td>Grand River Métis Council</td>
<td>11</td>
</tr>
<tr>
<td><strong>STUDENT WELLNESS SERVICES</strong></td>
<td>12</td>
</tr>
<tr>
<td>The Health Clinic</td>
<td>12</td>
</tr>
<tr>
<td>Counselling Services</td>
<td>12</td>
</tr>
<tr>
<td>Student Accessibility Services</td>
<td>12</td>
</tr>
<tr>
<td>Student Support Network</td>
<td>12</td>
</tr>
<tr>
<td>The Wellness Education Centre</td>
<td>13</td>
</tr>
<tr>
<td>Health and Dental Insurance</td>
<td>13</td>
</tr>
<tr>
<td><strong>FUNDING YOUR EDUCATION</strong></td>
<td>13</td>
</tr>
<tr>
<td>Work Study Program</td>
<td>13</td>
</tr>
<tr>
<td>Scholarships &amp; Bursaries</td>
<td>13</td>
</tr>
<tr>
<td>Third Party Funding (Band Funding)</td>
<td>14</td>
</tr>
<tr>
<td>Part-Time Work Opportunities</td>
<td>14</td>
</tr>
<tr>
<td>Ontario Student Assistance Program</td>
<td>14</td>
</tr>
</tbody>
</table>
Carrie Chassels
Vice-Provost (Student Affairs)

Tungasugitsi. Binvinu.

I am excited to welcome you to the University of Guelph and the Gryphon family. I encourage you to connect with the Indigenous Student Centre team to learn more about the services and opportunities available to you as a First Nations, Inuit or Métis student. I hope that you will get involved in the campus community and find it to be a place where you can strengthen and share your culture. U of G is place of learning for everyone; students, faculty and staff alike and we look forward to learning and growing together with you. We are proud of our beautiful campus community and our home city of Guelph, a vibrant community with many unique opportunities. I hope you explore all that our campus and our city have to offer. I wish you the very best in your studies and your personal journey as a Gryphon, and I hope you will reach out to campus services for support, guidance and inspiration as you establish new routines and embrace new challenges throughout your transition to U of G.

We acknowledge that the University of Guelph resides on the ancestral lands of the Attawandaron people and, the treaty lands and territory of the Mississaugas of the Credit. We recognize the significance of the Dish with One Spoon Covenant to this land and offer our respect to our Anishinaabe, Haudenosaunee and Métis neighbours as we strive to strengthen our relationships with them.
Meet The Indigenous Student Centre Team

We’re available to support your individual needs and to connect you to U of G resources when you need them. We can’t wait to meet you!

**Rosemary Spring BA** - Indigenous Student Advisor  
rspring@uoguelph.ca  
519-824-4120 x 53725

Tansi! Hello! I am Swampy Cree of Treaty 5 Territory and a University of Guelph alumna. I am excited to be supporting you as your Indigenous Student Advisor as you begin your U of G experience. I will walk alongside you throughout your journey as a helper and resource to advise you on personal, academic, financial and housing concerns. I look forward to getting to know you, to hearing your stories, and to supporting your student experience.

**Chelsea Brant BA** - Coordinator, Indigenous Programs  
chelsea.brant@uoguelph.ca  
519-824-4120 x 52498

Shé:kon! Hello! I am a member of the Mohawks of the Bay of Quinte First Nation of Tyendinaga Territory and grew up in a small town in Southern Ontario’s Norfolk County. I am an alumna of the University of Guelph and understand the excitement and nerves that come with transitioning to campus life. I am here to ensure your transition is fun and engaging, while supporting your learning, personal development and cultural growth. I look forward to seeing you at some of our events, programs or activities.

**Cara Wehkamp BSc, MSc, PhD**  
Special Advisor to the Provost on Indigenous Initiatives  
cwehkamp@uoguelph.ca  
519-824-4120 x 58687

Aanii! Bozho! Greetings! I am a member of the Antoine First Nation and a Guelph alumna. Coming from northern Ontario, I know that the transition to campus life can be both exciting and challenging but there are many friendly and knowledgeable people available to support your transition. I hope to have the opportunity to meet with all Indigenous learners and welcome you to campus.

**Indigenous @ Guelph**

We encourage First Nations, Métis and Inuit students to self-identify on WebAdvisor when they register for classes so that we may communicate important information, and ultimately better assist and support you throughout your studies at U of G.
SUPPORTING YOUR ACADEMIC SUCCESS

The University is committed to providing comprehensive guidance throughout your academic journey. A range of supports are available to ensure your success during your first year and beyond. If you find yourself needing a little extra help, make sure to connect with these wonderful services.

Academic Advising
uoguelph.ca/uaic/welcome

All students have the opportunity to reach out to their designated Program Counsellors who can advise on degree program requirements, expectations, program transfers and more. Faculty Advisors are also available based on your specific major, minor and area of specialization to provide more targeted information.

The Learning Commons
lib.uoguelph.ca/using-library/spaces/learning-commons

The Learning Commons in the Library offers a range of services that foster students’ academic development. Their staff members work with learners in diverse ways to address topics that vary from the transition to university learning, to presentation skills and controlling procrastination.

The Learning Commons also offers Supported Learning Groups (SLG) for many courses which students have typically found more challenging. These group learning sessions are led by upper year students who have been extremely successful in these courses. Visit the Learning Commons’ website to explore the many other services available to support you.
STARTonTrack
uoguelph.ca/studentexperience/START

This program is for all new undergraduate students who want to start university off on the right foot. New students are encouraged to meet with a STARTonTrack Facilitator, awesome upper-year students, to talk about how life at university is going, help set goals for the semester, discuss challenges or setbacks, and make the most of your Gryphon experience. To get matched with a STARTonTrack Facilitator, email start@uoguelph.ca.

INDIGENOUS STUDENT CENTRE
uoguelph.ca/studentexperience

The Indigenous Student Centre is your home away from home on campus. The Centre provides a culturally supportive environment that promotes academic excellence and the intellectual, spiritual, emotional, and physical development of all First Nations, Inuit, and Métis students. It is where you can find many services for Indigenous students, but most importantly, it is a space for students to come together and use as they need. The Centre includes work space, computers with free printing, a resource library, couches, as well as a kitchen stocked with snacks by the Indigenous Student Society. The space is the central hub for many of the Indigenous activities and support programs offered throughout the year.

Indigenous Student Advisor

Rosemary Spring, your Indigenous Student Advisor, is available to offer help with any questions you have as you navigate your transition to learning at university. Email rspring@uoguelph.ca to schedule an appointment to discuss:

- Personal matters
- Academics
- Tutoring
- Finances
- Culture and identity
- Housing
- Employment
- Graduate studies
- Connections with your peers, local community resources and Elders
- Counselling and Accessibility Services

Don’t forget!
YOUR $200 NON-REFUNDABLE REGISTRATION PAYMENT DEPOSIT IS DUE AUGUST 14, 2020.

If you are band funded or sponsored, ensure that U of G has a copy of your sponsorship letter before August 14th or you are responsible for paying the deposit.

Kristina Strojin
Bachelor of Science, Biological Sciences
St. Catharines, ON

You may hear many students and staff call the Indigenous Student Centre their home away from home. This could not be more true! My undergrad experience was positively impacted by the support I received from the Centre as well as participating in various social events hosted there. As I start a new chapter in my life, I will continue to cherish the good times I shared with my Indigenous Student Centre family.
Visiting Elders and Knowledge Holders

Elders and Knowledge Holders are available to provide personal consultation, conversation, guidance and mentorship to Indigenous students and the campus community. For example, Dan and Mary-Lou Smoke are available one day each month for appointments or drop-in. For more information or to book an appointment, email elders@uoguelph.ca.

Programming

Cultural programming offered throughout the year provides students with an opportunity to learn from people with diverse perspectives and is a great way to stay connected with the community. Watch for learning circles, sharing circles, speakers, workshops, and social gatherings.

Nicholas Burgess-Carvalho
Bachelor of Arts, Sociology

The Indigenous Student Centre was a great support for me throughout my time at U of G, and it gave me a home away from home. The supports that the Centre and the staff provided me greatly benefitted my growth as a student, as a member of my community, and as an individual in society. The staff helped me a lot throughout my journey at U of G.

Indigenous Student Society
@uog_iss

The Indigenous Student Society (ISS) is your student run organization to support First Nations, Inuit and Métis students by organizing social and awareness raising events, and to voice the concerns of Indigenous students on campus. All Indigenous students are encouraged to connect with the ISS.

Student Tip

The Indigenous Student Society hosts a free Soup & Bannock lunch at Indigenous Student Centre every Wednesday throughout the Fall and Winter semesters.
LIFE IN GUELPH

Student Housing Services
housing.uoguelph.ca

Living in residence provides unique opportunities to connect with the campus community. If you are living on campus, get involved with the many programs and activities available in your residence hall. Living in family housing? You will be happy to find a unique sense of community with your neighbours.

Living Off-Campus

Get connected with Off-Campus Living (OCL) in Student Experience for information on rental resources, workshops or events. Email your questions to ocl@uoguelph.ca. Also, check out the Off-Campus University Students (OCUS) lounge located in the basement of the University Centre. OCUS plans events throughout the year for off-campus students. Email ocus@uoguelph.ca for more information.

Outside of the Classroom

The University of Guelph is well known for its active and socially conscious student body. Whatever your interests, you are sure to find a group of like-minded students on campus.

Student Organizations
GryphLife.ca

U of G is home to more than 200 student clubs and organizations. Make sure to check out Club Days at the start of each semester or explore your options online.

Following Student Experience on Facebook, Instagram, and Twitter (@UofGStudentExp)

Student Tip

Walking home after dark? Call Safewalk and a volunteer will accompany you anywhere on campus between the hours of 7:30 pm – 2:30 am. Dial 53200 from any campus phone.
Gryphon Athletics
gryphons.ca

Keep active in state of the art fitness facilities with amazing staff that ensure that students have what they need to maintain a healthy and balanced lifestyle. Be one of the over 16,000 students taking part in intramural sports programs, like water polo or basketball, or take fitness classes, like yoga.

Student Volunteer Connections
uoguelph.ca/studentexperience/svc

Student Volunteer Connections is your volunteer hub. They can help connect you with volunteer opportunities in the community that fit your interests, academic and career aspirations, and availability. Their services are available to both undergraduate and graduate students, in person at Raithby House, or online.

Getting Around The City

The City of Guelph offers an extensive network of bus routes to service students and the greater community. An unlimited-use bus pass is included in your tuition fees and will be distributed each semester by your Central Student Association (CSA).

Travelling Outside Guelph

Guelph is also serviced by Greyhound, GO buses and trains, as well as Via Rail. Tickets can be purchased online and GO Bus fares can be paid with PRESTO cards using machines located in the University Centre bus loop.
INDIGENOUS COMMUNITY ORGANIZATIONS

Anishnabeg Outreach
aocan.org

Offers employment and training services to all eligible Indigenous people in Guelph through culturally appropriate services and programs. The staff can support students who seek summer employment or other career and culture-based training opportunities.

Grand River Métis Council
grandrivermetiscouncil.com

The Grand River Métis Council works with Elders and community members in order to attain and maintain Métis traditions, culture, spirituality and the respect of Mother Earth.

SAFEGRYPHON app
uoguelph.ca/police/safegryphon-app

Download the SAFEGRYPHON app to receive emergency notifications, connect with emergency services with just two screen taps, and to access safety tools on your phone while on campus.

Don’t Forget

Join the U OF G FIRST NATIONS, INUIT AND MÉTIS STUDENT community on Teams to get connected to the Indigenous community over the summer. For more information email indigenous.student@uoguelph.ca.
STUDENT WELLNESS SERVICES
wellness.uoguelph.ca

The Health Clinic
Provides a full range of health services for all Guelph students and their dependents. This includes doctors, nurses, a dietician, a walk-in clinic and a dispensary. Don’t hesitate to see the health clinic staff for any health-related concerns or questions, they are happy to help.

Counselling Services
Offers personal counselling sessions and support groups to help support students as they work through the personal concerns that challenge their ability to succeed at school, and in other areas of their lives.

Student Accessibility Services
Facilitates a variety of programs and services to assist students with disabilities to participate fully in university life and maximize campus accessibility. Connect as soon as possible to ensure you are registered.

Student Support Network
Offers drop-in peer support from a team of student volunteers, extensively trained in active listening and communication skills, that provides a supportive ear to any member of the campus community.

Student Tip
You can opt out of the dental portion of your Health Plan with proof of coverage in Canada, including coverage under the First Nations and Inuit Health Branch (FNIHB) Insurance. That means you get your money back!
The Wellness Education Centre
Provides education about a range of health and wellness topics. Information packages, sessions and workshops cover everything from financial and mental wellness to safe drinking habits.

Health and Dental Insurance
mystudentplan.ca/uofguelph/en/home
All students at the University of Guelph subscribe to the Student Health Plan to cover prescription costs and dental fees. The cost of this benefit is included in tuition fees.

FUNDING YOUR EDUCATION

Work Study Program
uoguelph.ca/registrar/studentfinance/ws/student
Work study is an on-campus part-time job program to assist students with financial need in meeting their educational costs by working part-time during the school year. Students can earn up to $2,300 per semester in an environment supportive of their educational attainment.

Scholarships & Bursaries
uoguelph.ca/registrar/studentfinance/aid/index
Financial assistance for Indigenous students is available directly from the U of G as well as through outside agencies. Look for:

- Indigenous Student Bursary
- Aboriginal Student Engagement Scholarship
- Métis Nation of Ontario Bursary
- and more…

For support with applications or information about external awards visit uoguelph.ca/studentexperience/indigenous-student-financial-matters.
Third Party Funding (Band Funding)

If you are a third party sponsored student, you or your sponsor must connect with Student Financial Services before you arrive to arrange billing. Make sure to have a conversation with your community’s Education Counsellor to let them know your tuition costs and whether you will be living in residence or off-campus. Be sure to know exactly what will be subsidized and what their expectations are of you.

Part-Time Work Opportunities

Part-time work opportunities are available across campus and throughout the city. Keep in mind that on campus work is often more accommodating of your schedule as a student. For current job postings, go to experienceguelph.ca.

Ontario Student Assistance Program

Financial assistance is available through grants and loans from the Ontario Student Assistance Program (OSAP). Visit osap.gov.on.ca for more information and to apply.

Student Tip

There are multiple ways to buy your textbooks. In addition to the campus Bookstore, check out the Co-op Bookstore in the basement of Johnston Hall or buy them used directly from other students at thecannon.ca.

Kristine Keon
Bachelor of Science, Physics with a minor in Biology
Richmond Hill, ON / Nipissing First Nation

One day, while preparing to leave the Indigenous Student Centre, I was wearing very sparkly pink shoes. A friend joked, referring to the Wizard of Oz, that if I clicked my heels together three times, I could go back home. I said that I probably wouldn’t go anywhere - the ISC has become my home!