SUPPORT TOOLKIT for
First Nations, Inuit & Métis
Students into Medicine
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Message from the Director of Admissions
Dr. Barry Ziola

This second edition of the Support Toolkit for First Nations, Inuit, and Métis Students into Medicine is a reflection of the tremendous incremental success Aboriginal Students have had in undertaking medical training at the University of Saskatchewan. A decade ago, we had only one Aboriginal student studying in our undergraduate medical program. In contrast, over the past few years, this number has increased to three dozen or more spread over the four years of medical training.

This success is due, first and foremost, to students just like you, who in high school or early in university, decided that pursuing further education is a life path that personally fits. The education path leads to a multitude of career possibilities and we hope this booklet encourages you to consider medicine as a career goal.

All of us at the College of Medicine Admissions Office work closely with our Aboriginal Coordinator to support Aboriginal students both before and after entry into medicine. We look forward to assisting you in deciding whether medicine is in your future and helping you bring to fruition your decision to study medicine.

With best wishes,

Barry Ziola
Tansi, Hello, my name is Valerie Arnault-Pelletier. I am a nehiyaw woman from my Grandmother’s community of Beardy’s and Okemasis First Nation. I also respectfully acknowledge my Mother’s community of Waterhen Lake First Nation.

I am the Aboriginal Coordinator with the College of Medicine and the School of Physical Therapy, University of Saskatchewan. The collaborative team approach I use enhances the successful and established Aboriginal initiatives and programs in place within the College of Medicine. There is committed leadership and dedicated resources to ensure a strong and vibrant presence and support for our Aboriginal learners wishing to enter into Medicine or Physical Therapy, and for the many already enrolled and studying.

I look forward to continuing to work with students and colleagues in a variety of capacities including academic and personal advisement, access to cultural resources, and outreach activities with high schools and communities. This handbook is a result of dedicated faculty and staff taking a lead role in ensuring the student perspective and Elder’s voices was included in the organization, development and printing of the handbook.

I welcome you to my office to visit, share your thoughts and ideas about admission into the College, or other ideas or thoughts you may have to enhance and ensure our Aboriginal student experience is quality and excellent at the University of Saskatchewan.

In the spirit of good health and wellness – miyo-maskihkiy (Good Medicine)!

Val Arnault-Pelletier, Aboriginal Coordinator
Healer’s Pledge

What has lead me to where I am now?
Why have I been so blessed and been given
so many opportunities?
I have accomplished more in my life than I could have ever
hoped or imagined. There is still so much I want to do.
My heart has been broken many times,
but every time it has healed.
My skin is thick but my heart is fragile.
Now my heart is full of happiness and
my gypsy soul is full of dreams.
My heart will hurt again, but I will never be defeated
because I know that I am a warrior.
I know that God loves me because I have so much love in my life;
I have so much love to give.
I will never lose faith in humanity, and I will dedicate myself
to allowing the Great Spirit to work through me
to heal and love my people.
I devote myself to being the humble servant of the
Divine Energy that flows through the Universe and
gives life and takes life away.
I am eternally grateful for my life.
I submit myself to God’s will, and offer the best of my love.

– Nicole Webb
College of Medicine, 2011
Our Mission

The University of Saskatchewan belongs to the people of Saskatchewan. As an academic community, our mission is to achieve excellence in the scholarly activities of teaching, discovering, preserving and applying knowledge.

Areas of Development and Opportunity

The University of Saskatchewan aims to become the pre-eminent Canadian university in all aspects of Aboriginal education, including:

Student Affairs: The University aims to be the national leader in innovative programs and services designed to recruit and retain Aboriginal students.

Academic Programs: The University aims to distinguish its degree and certificate programs by their breadth and by the inclusion of Aboriginal knowledge in the curriculum.

Research Programs: The University aims to be a national centre of excellence in research directly related to Aboriginal peoples.

Cultural Programs: The University aims to have faculty, students, and staff be sensitive to and knowledgeable about the history and culture of Aboriginal peoples and to provide opportunities to understand and celebrate Aboriginal language and culture both on campus and in the Aboriginal community.

Community Outreach: The University aims to be more visible, engaged, and knowledgeable about community issues and to participate in locally-based research projects that are immediately relevant to Aboriginal communities.

Taken from Forging New Relationships: The Foundational Document on Aboriginal Initiatives at the University of Saskatchewan, 2003.
College of Medicine

Vision
The College of Medicine will be an integrated environment of scholarly inquiry where students, faculty, staff and the public take pride in the College as a Centre of Excellence dedicated to serving the people of Saskatchewan, Canada, and beyond.

Values
We value: integrity, excellence, inquiry, diversity, and people.

Goals
To improve educational quality, improve research intensiveness, improve clinical care, design effective partnerships, improve accountability and responsiveness, assure long-term financial stability and secure the resources to attain sustainable growth consistent with our vision.

Taken from the College of Medicine and School of Physical Therapy Integrated Plan 2008-2012

Commitment to Aboriginal Enrollment
The College of Medicine is committed to increasing the number of Aboriginal physicians in Canada and has developed programs to encourage and support students.
miyo-maskihkīy is Plains Cree for ‘Good Medicine’. Artist Dale Cheechoo designed the logo for the College of Medicine in 2003, in accordance with local Cree teachings. The following significant elements are represented within the logo:

**Medicine Wheel**
- 4 Directions and their Teachings
- Balanced Lifestyle

**Teepee**
- Plains Cree
- Women and Family
- 15 Teepee Teachings
- The Teepee Lodge faces the South

**Colors of the Teepee**
- Métis Sash Pattern and the Métis People

**Eagle Feather**
- Strength

**Sweet Grass**
- Medicine

**Snake**
- Represents knowledge in Greek Mythology – adapted by Western Medicine

**Snake and Sweet Grass**
- Partnership of Both Worlds, Western and Aboriginal
- Represents the Concept of Self-purification
- One must purify oneself before entering the lodge.
- One must heal oneself before becoming a healer.

**Harvest Moon**
- Saskatchewan
Admissions Information for the College of Medicine
University of Saskatchewan

Academic Health Sciences Centre
This innovative new building brings together the Colleges of Medicine, Dentistry, Nursing, and Pharmacy & Nutrition, the School of Physical Therapy and the School of Public Health.
This Section Includes:

**Admissions Information**
College of Medicine Website  
Aboriginal Equity Program  
Aboriginal Mentorship Program  
Pre-Medicine Awards

**Requirements for Admission**
Residency and Citizenship  
Academic Requirements  
MCAT Requirement  
Four-year Baccalaureate Degree  
Other Requirements  
Admission Score  
MMI  
Pre-Med Club

**Important Dates for Application**

**Timeline**
When in High School…  
When in Undergrad…

**Common Questions and Answers**

**College of Medicine Contacts**

**Arts and Science and Aboriginal Student’s Centre Contacts**

“The very first step towards success in any occupation is to become interested in it.”  
– William Osler
Admissions Information

College of Medicine Website
The college website, www.medicine.usask.ca/ is the best place to go for information regarding admissions and medical education. As someone considering a career in medicine, it is important to become familiar with the website. The more time you spend exploring it, the easier it will be to find the information you are looking for. If you have any further questions you can contact the Admissions Office at med.admissions@usask.ca or (306) 966-4030.

Aboriginal Equity Program in the College of Medicine
The College of Medicine is committed to increasing the number of Aboriginal physicians in Canada and has developed programs and services to assist in this goal. Currently, 10% of first year spaces (10/100) are reserved for persons of Canadian Aboriginal descent who are not competitive in the general pool but still meet application requirements and self-identify as Aboriginal on the application for admission form. More information can be found at http://medicine.usask.ca/documents/aboriginalinitiatives/2015-Pre-med-Awards-Application.pdf.

Aboriginal Mentorship Program
The Aboriginal Mentorship Program provides an opportunity for Aboriginal students who are interested in Medicine to spend a half or full day with a physician to gain exposure to the health care field. For more information or to sign up, contact Val Arnault-Pelletier at valerie.arnault@usask.ca.

Pre-Medicine Awards
The Pre-Medicine Awards are offered each year to students of Aboriginal ancestry who are continuing students (beyond first year of program) registered in a minimum of 24 credit units (September–April) working towards a Baccalaureate degree in a bona-fide 4-year degree program at an accredited Saskatchewan post-secondary institution. The application deadline is October 1st annually. The application forms can be found at http://medicine.usask.ca/programs/undergraduate-md.php#Scholarships. If you have any questions about the application process, please contact Sherrill Bueckert at sherrill.bueckert@usask.ca.
Requirements for Admission

Residency and Citizenship
The Aboriginal Equity Program reserves up to 10% of spots for persons of Canadian Aboriginal descent. Preference is given to applicants meeting the Saskatchewan residency requirement. A maximum of five equity seats are open to out-of-province Aboriginal applicants. For admissions purposes, all Aboriginal students are considered in the general Saskatchewan pool. For more information on residency requirements please visit http://medicine.usask.ca/documents/Admissions/ApplicationInformationDocumentEntry2016.pdf.

Pre-Medicine Academic Requirements
High School: In order to complete the University level courses required for the degree path you have chosen, the following high school courses are recommended:
- English A30 and B30
- Biology 30
- Chemistry 30
- Physics 30
- Math B30 and Math C30
- Foundations of Mathematics 30 or Pre-Calculus 30

We suggest you review the prerequisite requirements of courses required for your degree to ensure readiness.

Each college has a different admissions average for acceptance. To view these averages and find out how to calculate your admissions average visit www.explore.usask.ca/admission/requirements/sk/.
University Requirements: To be eligible to apply, ≥ 90 credit units must be completed before application and, if an applicant is offered a seat in medicine, the degree requirements for a 4-year Baccalaureate degree must be completed by the end of April prior to entry into medicine. We have no degree preference, so you are free to choose a degree that you see as a fulfilling career. We recommend that you refer to the Admissions website for specific details regarding the minimum average required, time limitations and detailed information on how the academic average will be calculated. There are no required prerequisite courses for entry into medicine, however, we recommend that you take university introductory level courses in the following subject areas to ensure readiness for the MCAT test and the study of medicine: Biology, Chemistry, English, Biochemistry, Physics, Psychology and Statistics.

There are two main academic requirements needed to apply for admission:

1) MCAT Requirement
MCAT must be written prior to the application deadline. For information regarding the current MCAT requirement, please see the website at http://medicine.usask.ca/admission-to-the-md-program/how-to-apply.php#MCAT. For information on MCAT preparation and registration please visit www.aamc.org/mcat.

Recommended Courses for MCAT Preparation

<table>
<thead>
<tr>
<th>University of Saskatchewan</th>
<th>University of Regina</th>
</tr>
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<tbody>
<tr>
<td>Biology 120.3 and 121.3 or Biology/Biomedical Science 224.3</td>
<td>Biology 100 and 101</td>
</tr>
<tr>
<td>Chemistry 112.3 and 250.3</td>
<td>Chemistry 104 and 140</td>
</tr>
<tr>
<td>Physics 115.3 and 117.3</td>
<td>Physics 109 and 119</td>
</tr>
<tr>
<td>English 110.6 or any two of 111.3, 112.3, 113.3, 114.3</td>
<td>English 100 and 110</td>
</tr>
<tr>
<td>Biomedical Science 200.3 and 230.3</td>
<td>Biochemistry 220 and 221</td>
</tr>
<tr>
<td>Psychology – 6 credits</td>
<td>Psychology – 6 credits</td>
</tr>
<tr>
<td>Statistics – 6 credits</td>
<td>Statistics – 6 credits</td>
</tr>
</tbody>
</table>
2) Four-Year Baccalaureate Degree
To be eligible to apply, ≥ 90 credit units must be completed before application and, if an applicant is offered a seat in medicine, the degree requirements for a 4-year Baccalaureate degree must be completed before the end of April prior to entry into medicine. We recommend that you refer to the Admissions website for specific details regarding the minimum average required, time limitations and detailed information on how the academic average will be calculated. A complete listing of the requirements can be found at: http://medicine.usask.ca/documents/Admissions/ApplicationInformationDocumentEntry2016.pdf.

Other Requirements
• Multiple Mini Interview (MMI)
• References
• Standard First Aid Certificate
• Criminal Record Check and Vulnerable Sector Screening

Admission Score
Your admission score is what determines your ranking and offer of acceptance. It is calculated as: 20% MCAT, 30% academic average and 50% MMI.
Multiple Mini Interview (MMI) – What is it?
The MMI consists of a series of short, structured interviews and is used by the U of S College of Medicine to assess potential candidate’s personal traits/qualities. Each station consists of two minutes to read the scenario/question, and eight minutes to interact with an assessor. There are ten interview stations, taking a total of 100 – 120 minutes (depending on the number of rest stations). The MMI can be a stressful event for many applicants, but the more preparation done prior, the easier it will be. One of the advantages of the MMI format is that each station is assessed individually, so if you feel you did poorly on one station you still have nine more to make up for it! For more information on the MMI and some example scenarios please visit: http://medicine.usask.ca/admission-to-the-md-program/how-to-apply.php#MultipleMiniInterview.

The Pre-Med Club at the University of Saskatchewan offers a Mock MMI to allow applicants to experience the MMI format in a supportive environment and receive feedback from medical students. To join the Pre-Med Club, go to the Facebook page and like it: http://www.facebook.com/uofspmc.

Further questions can be directed to uofsprm@hotmail.com.

The Pre-Health Club at the University of Regina offers support to students interested in the Health Sciences. Some of these services include: Admissions lectures, job shadowing, volunteer opportunities, relevant course updates, mock interviews, and social events. For more information please visit: http://ursu.uregina.ca/~pre-med/.
Email: uofrprehealthclub@gmail.com
Important Dates for Application

August - Applications should be available online. Refer to the College of Medicine website for the application deadline.

September - Admissions Policies and Procedures Information session with Dr. B. Ziola, Director of Admissions, in Saskatoon and Regina

February - Interview invitations are sent out.

March - Interviews will be held.

May - Written notification of acceptance, rejection, or waiting list sent to applicants.
Timeline

If you are considering a career in medicine, it is never too early to start doing some research and learning more about the program and the profession!

When in High School…
- Take all the required classes to ensure you have the proper prerequisites for university.
- Develop good study habits.
- Be involved! Find something you are passionate about and do it! Athletics, music, drama, volunteering, etc. Medical students come from a wide variety of backgrounds.
- Talk to your school guidance counselor or a teacher who can offer support and advice on which university programs may be appropriate for you.
- Try to get some experience in a health care setting such as volunteering at a hospital or care home, or by job shadowing a physician through the College of Medicine's Aboriginal Mentorship Program.
- Start keeping track of the things you do such as volunteering, awards, activities, etc. It makes it easier to apply for scholarships and bursaries.

When in Undergrad (Pre-medicine) …
- Have a plan! Medical school is difficult to get into so it is necessary to have a plan B and pursue a degree that could lead you to a fulfilling career. Meet with academic advisors in both the College of Medicine and the college of your plan B to help you develop a program outline.
- Work hard to maintain a competitive average for admission.
- Get to know your professors! They are there to help you succeed. If you have questions don't be afraid to talk to them outside of class time.
- Keep up the volunteering and extra-curricular activities from high school or get involved in new ones. It is important to have a balance between school and social activities!
- Volunteer at SWITCH or SEARCH!
- Start thinking about the question, “Why do I want to become a doctor?”
Common Questions and Answers about Admission

What constitutes proof of ancestry and how will this be assessed?
To be eligible for an equity seat in the College of Medicine, you must self-identify as a First Nations, Métis, or Inuit person. Acceptable proofs of ancestry include: Status or Treaty Card, Métis membership card/letter, Nunavut Trust Service Card or Inuit Roll Number. The College of Medicine, University of Saskatchewan, will ONLY recognize Métis cards from the provincial counterparts of the Métis National Council. Please see website: http://www.metisnation.ca/index.php/who-are-the-metis/citizenship.

You are strongly encouraged to apply for your proof of ancestry as soon as possible so your application can be processed in a timely manner. If you need assistance in providing proof of ancestry, contact the Aboriginal Coordinator. Genealogies may be requested and the decisions of the Admissions Committee are final. Contact the Admissions Office for more information.

What are some of the benefits and responsibilities of self-identifying as Aboriginal?

Benefits
• Able to compete within the Aboriginal Equity Pool if you are not competitive within the main pool of applicants
• There are many extra supports available for Aboriginal Students
• Scholarships and bursaries that are specific to Aboriginal Students
• Opportunities to participate in ceremonies and cultural supports
• Employment opportunities in pre-medicine and undergraduate medical training years
• The opportunity to be honored throughout medicine and at the Aboriginal graduation
• The opportunity to be a wonderful role model and mentor

Responsibilities
• Meet with the Aboriginal Coordinator periodically throughout your studies
• Maintain adequate academic performance
• Act as a recruitment ambassador
• Participate in Aboriginal events
What classes should I take in first year?
The College of Medicine at Uof S welcomes applicants from any academic background; however, it would be advantageous for serious applicants to take the courses to help prepare for the MCAT and the degree path you have chosen. It is important to contact an academic advisor to check your class schedule and help you choose classes that will allow you to succeed.

What is the best undergraduate degree to take to get into medical school?
There is no right or wrong “pre-med” degree to pursue. We have no degree preference. As long as you meet all the application requirements (MCAT, 4-year degree, etc.) then you will be considered. It is important to pursue a degree that interests you and that could lead to a fulfilling career if you are not successful at being accepted into medicine.

Can I start classes part-time?
The College of Medicine requires full-time commitment from students during their medical school training. ≥90 credit units must be completed before application, and if offered a seat in the College of Medicine, the requirements for a four-year Baccalaureate degree must be completed before entry into medicine. For some people, starting university as a part-time student may help with the transition and allow them to have more success in those classes. It is okay to start classes part-time, but your 4-year degree must be completed within the time limit outlined on the Admissions website.

How are university classes different from high school?
University classes are usually much larger than high school classes. As a student at university, you have much more independence than you did in high school. It is up to you to decide when to do your assignments and to hand them in on time. If you want to succeed in university, you need to make a commitment to study on a regular basis and to complete the required course work on time and to the best of your ability.
What do I wear to the interview?
First impressions are extremely important when it comes to the MMI. You only have eight minutes to convince the interviewer that you would make an excellent candidate for admission into medical school. Therefore, a conservative, professional appearance is important. Men could wear a dark suit with a tie and dress shoes. Women could wear a pants or skirt suit, or dress pants and a blouse. Long hair should be tied back. Jewelry and makeup should be minimal. Wearing regalia is acceptable.

What are some tips for doing well on the interview?
Arriving on time is critical. Be there early to give yourself time to adjust to the setting and calm your nerves. Your appearance is important (see above question). You will have two minutes to read the question. Use this time to read and re-read it. Formulate a plan in your mind as to how you will approach the scenario when you enter the room. If you are not prepared after the two minute buzzer goes, take a few more seconds before entering. As soon as you walk into the room the assessor begins to evaluate you. Don’t forget to smile! Often applicants are so nervous and focused on what they are going to say, that they forget to smile. Your attitude in the interview is important; you want to be professional, but also enthusiastic, sincere, and compassionate. Before you leave, thank the assessor for their time.

It is also important to practice the interview. Everything from the timing, to entering the room and sitting down, to eye contact and word flow will be more natural for you on the interview day if you have previously practiced them.

What are the personal attributes typically focused on in the MMI stations?
Personal attributes such as communication skills and maturity will be assessed at all MMI stations. Station scenarios may be structured to specifically judge a candidate's ethical and critical decision-making abilities, knowledge of the health-care system, understanding of health determinants in a local or global context, commitment to helping others, non-academic achievements, or desire for studying medicine. Sample questions can be found on the College of Medicine's website.
What is a Resident?
A Resident is someone who has completed the 4-year undergraduate medical doctor degree and is pursuing post-graduate training in the specialty area of their choice. Residencies range from 2-6+ years.

How many years does it take to become a doctor?
The general formula is like this, 4 years of pre-medicine + 4 years of medical school training = MD degree. You can call yourself doctor at this point but you are not allowed to practice independently until you acquire more training as a Resident. Residency depends on the area in which you want to specialize, and it varies from another 2 years to up to 6+ years.

How many medical specialties can I choose from for residency?
There are a total of 32 specialties and 15 subspecialties available to Canadian medical students.

What qualities make a good physician?
There are many qualities that make a good physician. Some of which may include compassion, sincerity, enthusiasm, maturity, good listening and communication skills, confidence, teamwork, patience, sensitivity, and good judgment. It is also important to have a love for learning and a strong desire to help others.

Is it possible to attend medical school as a mother/father?
Yes, and it has been done before! It is important to ensure that you have a supportive network of friends and family that are there for you along the way. Every year there are applicants who are admitted into the College of Medicine who are parents. They are able to balance their family and education and have done very well. Extra energy is required for those who are parents to properly manage their time between family and school, but with personal dedication and support it is absolutely possible to attend medical school as a mother or father. A website for mothers in medicine is www.mommd.com.
College of Medicine Contacts

Sherrill Bueckert
Administrative Coordinator of Admissions
Box 17, College of Medicine
5B53.4 Health Sciences Bldg
107 Wiggins Road
Phone: (306) 966-6143
Email: sherrill.bueckert@usask.ca

Val Arnault-Pelletier
Aboriginal Coordinator
Box 19, College of Medicine
5B53.1 Health Sciences Bldg
107 Wiggins Road
Phone (306) 966-5901
Email: valerie.arnault@usask.ca

College of Arts & Science

Aboriginal Student Advisors:

Arts 248.1
Phone (306) 966-4288

Arts 248.2
Phone (306) 966-4754

http://artsandscience.usask.ca/

Aboriginal Students’ Centre

Campus Drive
Phone (306) 966-5790
Email: asc@usask.ca
http://students.usask.ca/aboriginal
Overview of the Medical Program at the University of Saskatchewan
About the Curriculum

The College of Medicine provides an integrated four year curriculum leading to the general professional education of the physician; graduates may select careers in family medicine, specialty practice, or research.

Year 1 (32 weeks) provides students with the principles of biomedical sciences appropriate to the study of medicine and the first four modules within the foundations of clinical medicine as well as professional and primary clinical skills within the context of developing the patient-doctor relationship. This first year of the program cumulates in a two-week clinical experience within one of the Saskatchewan Health Districts.

Year 2 (32 weeks) continues the exploration into foundations of clinical medicine while building upon the professional and clinical skills. Early patient contact and pedagogical strategies such as effective flipped classrooms and case-based learning are integrated throughout the program. Clinical reasoning skills are embedded within each course as well as being specifically developed within the clinical integration courses.

Years 3 and 4 of the program focus on clinical clerkship experiences supplemented with seminar-style classes that together will provide opportunities to apply the knowledge, skills, and attitudes students have acquired towards the management of patients within the medical environment. Specific core rotations as well as electives and selectives are available. The program concludes with a capstone course focused on ensuring students are prepared for the next phase of their training.
Educational Philosophy

The educational philosophy underlying our curricular planning is learner centered, making use of increasingly complex and relevant cases within the following broad approaches: Cooperative, Active, Self-Directed and/or Experiential learning (i.e., CASE-based). Students benefit from early and frequent patient contact, solid grounding in basic biomedical sciences and the frequent use of integrated case studies to link basic and clinical science learning.
Initiatives

Aboriginal, Rural, and Remote Health Group
An interprofessional, student-led initiative whose mission is to raise awareness of and promote an interdisciplinary approach to Aboriginal, rural, and remote health issues. The group also raises awareness in Aboriginal youth about careers in the health sciences and related fields. The group takes a professional and educational approach through experiential learning, outreach, and peer education. Contact arrhq.sk@gmail.com for more info.

Pre-med Summer Students
Aboriginal students have the opportunity to work for the College as a summer student depending on funding and opportunities available.

Aboriginal Speaker Series
Speakers are invited to give presentations focusing on Aboriginal perspectives in the field of medicine and health.

Other Initiatives
The College of Medicine regularly participates in a variety of initiatives aimed at increasing Aboriginal enrollment in the program. Some projects have included: (1) Support for the Indigenous Physician Association Mentorship Program Conference, (2) Aboriginal Health Sciences Camp, (3) attendance at Aboriginal workshops and conferences, (4) career fairs and other recruitment opportunities.
College of Medicine Objectives/Outcomes:

- To prepare a curriculum scan to identify what Aboriginal Health content already exists and develop core curriculum objectives.
- To have an appreciation of the historical place, culture and communities of Aboriginal peoples in Saskatchewan.
- To understand the impact of colonization on Aboriginal people and their health, and the current health status of Aboriginal people within the province.
- To explore and appreciate the current community-based initiatives that address socio-economic and health inequities.
- To access Elders to provide cultural education and traditional knowledge.
- To access service learning opportunities for students at undergraduate and postgraduate levels in Aboriginal communities: urban, rural and remote.
- To integrate learning opportunities about Aboriginal health into the curriculum at all levels, using a variety of teaching methods such as experiential, didactic, clinical and problem-based learning.
- To develop and include Aboriginal people as simulated patients in communication and clinical skills, as well as tutors and lecturers.
- To enhance current and future relationships with Aboriginal Elders and Aboriginal communities that may partner as teachers and curriculum planners.
- To develop and coordinate learning resources/tools for those parts of the core curriculum that can best be taught inter-professionally and non-inter-professionally.
- To develop national leadership on Aboriginal health curriculum and share this knowledge with other medical faculties and health sciences programs.
- To explore the possibility of a Certificate in Aboriginal Health offered by the College of Medicine.

Taken from the College of Medicine and School of Physical Therapy Integrated Plan 2008-2012 Initiative 1.1: An Integrated Theme Curriculum in Aboriginal Health and Healing
SWITCH

SWITCH stands for Student Wellness Initiative Towards Community Health. It is an interdisciplinary, student-run organization that provides health and community services through a clinic on the west side of Saskatoon. As a U of S student you have the opportunity to volunteer with the clinic as part of the social team duties in your pre-med and first year medicine. The Social team welcomes visitors to the clinic, assists in food preparation, child care, and other duties. Once you are in second year medicine, you are able to volunteer as part of the clinical team that works with patients. For more information please visit www.switchclinic.ca/.

Making the Links

Making the Links is a program offered through the College of Medicine. It provides interested students with the opportunity to experience community health and development in a remote northern Saskatchewan community, in an urban underserved community in Saskatoon at the SWITCH clinic, and an international experience in Mozambique.

For more information please visit: www.makingthelinks.usask.ca
Or Contact Dr. Ryan Meili, Coordinator of Making the Links at mtl.medicine@usask.ca
It is my intention as National Chief to ensure that First Nations people become the beneficiaries of the changes that promote self-determination, self-sufficiency and the honouring of our sacred traditions.

- Chief Perry Bellegarde
This Section Includes:

Aboriginal Students Centre
Housing
Childcare
Student Health
Student Counseling
Transportation, Parking, and U-PASS
Disability Services
Discrimination and Harrassment Prevention
Emergency
Information Technology Support
Food Centre
Campus Map
Academic Help
Aboriginal Students Centre (ASC)

The Aboriginal Students’ Centre is dedicated to supporting Aboriginal student academic and personal success. Come to the ASC before and after class to study, use a computer, connect with other students, and to participate in our programs and services.

The centre prides itself on creating an inclusive community that supports students by providing a variety of programs and services throughout the Regular Session.

- Support for new students through orientation programing and monthly events to help keep students connected to advisors and support services.
- Research and writing workshops, as well as English and Math tutoring throughout the week in partnership with the University Learning Centre.
- Social events such as Soup and Bannock, which are hosted every Wednesday in partnership with a university college or student service. The centre also hosts seasonal celebrations and monthly birthday parties for students who are away from home.
- Presentations and workshops to help students gain the knowledge, skills, and experiences necessary to stay healthy, strong, and inspired throughout their studies.
- Cultural programming includes Elders Services, who visit the centre during Soup and Bannock. We also offer Creative Native and Knowledge Keeper presentations.
- Ceremonies such as Pipe Ceremonies and Sweats are held during each of the four seasons and for special events like Price Centre’s Queerpoloza.
- The centre also celebrates student success through Aboriginal Achievement Week, Graduation Powwow, and National Aboriginal Day.

www.students.usask.ca/asc
Campus Drive
Telephone: (306) 966-5790
Fax: (306) 966-5081
Housing

There are many choices regarding housing while at University. The first major decision to make is if you want to live on or off campus? There are advantages and disadvantages to each, and you need to decide what works best for you.

University Residences
There are a number of residences in and around campus for students. There are usually long waiting lists, so it is important to apply early for the best chance of getting a spot. One of the benefits of living in residence is that you are on campus, which makes it much easier to get to class or attend campus events. Please visit: www.explore.usask.ca/housing/ for more information or to apply for residence.

Off-Campus Housing
There are many resources for finding a place to live including word-of-mouth, internet websites (http://saskatoon.kijiji.ca/, www.househunting.ca/), newspapers (The Star Phoenix www.thestarphoenix.com/) and the University Housing Registry (www.ussu.ca/housing/index.shtml).

There are also a number of organizations in the city which provide housing services to Aboriginal people. These organizations usually provide subsidized rent for people of low income with preference given to those with children. Waiting lists are long so it is important to apply early.

Cress Housing Corporation (www.sktc.sk.ca)
Sasknative Rentals Inc. (www.sasknativerentals.ca)
Saskatoon Housing Authority (www.saskatoonhousingauthority.com/)
Childcare

There are two childcare facilities located on campus. The Campus Daycare is located in the Education building. The USSU Childcare Centre is located in the R.J.D. Williams Building at 221 Cumberland Avenue North. Both of these centres are usually full with waiting lists, so it is important to apply for a spot early.

**Campus Daycare**
Education Building, Room 1201
28 Campus Drive
Phone: (306) 966-7807
Email: campus.daycare@usask.ca

**USSU Childcare Centre**
R.J.D. Williams Building
221 Cumberland Avenue North
Fax: (306) 966-2483
Phone: (306) 966-2777
Email: childcare@ussu.ca

For a list of daycare centres in Saskatoon please visit the Government of Saskatchewan Early Learning and Childcare Website: [www.education.gov.sk.ca/child-care-listings](http://www.education.gov.sk.ca/child-care-listings)
Student Health

The Student Health Centre is located on campus and offers a wide range of health-care services to all students and their families. The Centre offers physician care, health education, nutrition counseling, mental health care and much more on an appointment or drop-in basis. The clinic is open Monday to Friday. For more information or to make an appointment contact:

Student Health Centre
4th Floor Place Riel
Phone: (306) 966-5768
Fax: (306) 966-5786
http://students.usask.ca/current/life/health/healthservices/

Student Counselling

Student counselling is available to assist you with personal and mental health issues. They offer a wide range of services including individual and group counselling sessions, self-help tools, mental health education or a referral if necessary. They deal with a variety of issues which may include depression, anxiety about classes or tests, grief, relationship difficulties, life transitions and adjusting to university, anger, abuse, body image concerns, gender identity concerns, and much more.
To book an appointment call or drop by the office at:

Student Counselling Services
3rd Floor Place Riel
Phone: (306) 966-4920
Hours: Monday-Friday 8:30-4:30
www.students.usask.ca/current/life/health/counselling/
Transportation, Parking, and U-PASS

As a student living off campus you will need some form of transportation to get to class. If you live close enough to walk or bike, that is a great option. If not, the bus is likely your next best option. All U of S students living in Saskatoon (students living in on campus residences may opt out) must participate in the U-PASS. This initiative was started a few years ago, and it allows students unlimited access to the Saskatoon Transit Services from September – April at discounted rates. To receive your U-PASS sticker please visit the USSU Information Kiosk in Place Riel.

U-PASS Information
http://students.usask.ca/essentials/transportation.php

City of Saskatoon Transit Services and Bus Routes and Schedules
www.saskatoon.ca/DEPARTMENTS/Utility%20Services/Saskatoon%20Transit/Pages/default.aspx

Parking
Parking on campus is limited for students and requires a parking pass. There are limited metered spots but usually with a maximum 1-2 hours. Visit the parking services website below for more information.

To enter your name into a lottery to receive a parking pass log onto PAWS between July 1-Aug 31 and click on the “Parking” tab. Draws will be made in early September. www.usask.ca/consumer_services/parking/index.php
Disabilities Services

Disabilities Services on campus assist students through programs and advocacy services. They aim to create an accessible and welcoming campus for students with disabilities allowing all students an equal opportunity to learn and achieve academic success. Students with physical, mental, or learning disabilities are encouraged to register with Disabilities Services for Students to access its services and programs. Visit their website at www.students.usask.ca/disability/ for more information or drop by their office Monday to Friday, 8:30am – 4:30pm.

Disability Services for Students
105 Administration Place, Room E1
Phone: (306) 966-7273
Email: dss@usask.ca

Discrimination and Harassment Prevention Service

This office provides support and services to all students and employees including confidential consultation and assistance in taking action to resolve concerns. They also provide programs, workshops, and presentations that encourage respectful interactions on campus.

Room 247, Research Annex
105 Maintenance Road
Phone: (306) 966-4936
www.usask.ca/dhps
Emergency

For Police, Fire, or Ambulance services on campus dial 9-9-1-1 from a campus phone or 9-1-1 from a cell phone. The University of Saskatchewan has its own Campus Safety department. They can be contacted 24/7 for any type of emergency or concern.

Campus Safety
(306) 966-5555
72 Campus Drive
campus.safety@usask.ca
www.usask.ca/campussafety/

Information Technology Support
Offers help on a wide range of computer and technology services. www.usask.ca/its/guides/student_guide/

Campus Computer Store offers student specials on computers, accessories, and software. http://ccs.usask.ca/

Food Centre
The USSU offers Good Food Boxes to students and provides top-quality, fresh, nutritious food at an affordable price. Orders are placed every second Monday and can be picked up the following Wednesday. There are different boxes to choose from that contain a variety of fruit and vegetables.

They also offer Emergency Food Hampers to students in financial need. All you need is a Saskatchewan health card and university student card. For more information on either of these programs please visit http://ussu.usask.ca/ or call their office at (306) 966-1792.
As a first year student Arts and Science student, most of your classes take place in the Arts Buildings. Campus tours are available though marketing and student recruitment. To book a tour visit: http://explore.usask.ca/events/
Academic and Career Help

Student Central
Student Central is a contact point for many questions you may have. They can sign student loan documents, assist with academic planning and provide referrals to services across campus. They are located in the atrium of the Administration Building and open Monday to Friday from 8:30am – 4:30pm. You may also phone them at (306) 966-1212 or toll free 1-877-650-1212
www.students.usask.ca/studentcentral

University Learning Centre
University Learning Centre is located in Room 106 of the Murray Building. Their goal is to assist students in achieving academic success by offering Math and Stats Help, Writing Help, Study Skills Workshops, PAL (Peer-Assisted Learning) and Learning Communities. For more information visit www.usask.ca/ulc/

For a list of academic programs offered to Aboriginal Students please visit http://students.usask.ca/aboriginal/programs/

Library
The University Library system consists of one main library and seven branch libraries. Its holdings number over 1.9 million printed volumes in addition to over 3.5 million periodicals, government documents, microfilm resources, videos, recordings and kits.

Student Employment and Careers
Looking for a job? Having trouble choosing your direction? Wanting to network with employers? Looking for ways to polish your resume? Visit the Student Employment and Career Website for all this and more at: http://students.usask.ca/support/employment/
The Four Directions represent the interconnectedness of the universe and all its elements: plants, animals, humans and the environment in which they live. The indigenous perspective views the world as a moving, changing, life force in which birth and death are natural and necessary processes. Balance is maintained through the interdependency of the life forces.

- Elder Mary Lee, Four Directions Teachings
This Section Includes:

**Pre-Medicine costs**

**Medical school cost**

**Scholarships and Bursaries**
- U of S Guaranteed Entrance Scholarships
- U of S Continuing Scholarships and Bursaries

**Awards**
- Competitive Entrance Awards
- Pre-Medicine Awards

**Medicine Awards**
- Undergraduate Medical Education Student Bursaries

**Indspire Scholarships and Bursaries**

**Other Scholarships, Bursaries and Awards**

**Loans and How They Work**
- Student Loans
- Line of credit
- Emergency funds

**MD Management**

**Band Funding**
Typical Costs Related to a First Year University Student (pre-med)

Costs range depends on the number and type of classes, accommodation, living expenses, and many other factors.

For the most current tuition rates and a breakdown of student fees, please visit http://www.usask.ca/tuition.

Deadlines to Pay Tuition
Term 1 (Fall) Tuition and Fees are due September 30
Term 2 (Winter) Tuition and Fees are due January 31

You can view your current account information by logging onto PAWS. Under the “ACADEMICS” find “Tuition and Fees” then click on “Account Summary by Term”.

You can pay tuition in person at the Student Accounts and Treasury office, by telephone, or online. Methods of payment include cash, cheque, interac debit card, Mastercard, or internet banking.

Student Accounts & Treasury
E40-105 Administration Place
Phone: (306) 966-4595
http://www.usask.ca/fsd/students/index.php
Email: FSD_Student_Accts_Treasury@usask.ca
Hours: Monday - Friday 8:30-4:30
Estimate of Expenses Related to Medical School Education

The Application Fee for medical school is due at the same time as the online application form at the end of October yearly. It can be paid by credit card online or by cheque. There may also be travel and accommodation costs associated with the interview.

For the most current tuition rates and a breakdown of student fees, please visit http://www.usask.ca/tuition.
Scholarships

The University of Saskatchewan offers many scholarships, bursaries, and awards for both premedicine years and medicine. Many of these are designated specifically for students of Aboriginal ancestry. There are also many external agencies offering financial help to attend university.

**U of S Guaranteed Entrance Scholarships**
Are available to new U of S students who are taking at least 18 credit units in the regular session (Sept-Apr). They are based on five approved Grade 12 level subjects. To receive a guaranteed entrance scholarship all you need to do is apply for admission, pay the $90 application fee, and submit your marks by February 15. More information can be found at www.explore.usask.ca/moneymatters/guaranteed/

<table>
<thead>
<tr>
<th>Your best Average</th>
<th>Your Guaranteed Cash</th>
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<tbody>
<tr>
<td>95% or greater</td>
<td>$3000</td>
</tr>
<tr>
<td>93% to 94.9%</td>
<td>$2000</td>
</tr>
<tr>
<td>90% to 92.9%</td>
<td>$1000</td>
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<tr>
<td>85% to 89.9%</td>
<td>$500</td>
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</tbody>
</table>

**University of Saskatchewan Continuing Scholarships and Bursaries**
There are hundreds of continuing scholarships and bursaries available to full-time students that have completed at least one year of study. The application forms are online and easy to fill out. Some awards require supporting documentation such as proof of Aboriginal ancestry, resume, short essay, etc. Scholarships are usually based on academic achievement and **the application form for Continuing Scholarships is due June 1** each year. Each continuing student can only receive one undergraduate continuing scholarship from the U of S. Bursaries are usually based on financial need and **the application form for Continuing Bursaries is due October 1** each year. Students can receive more than one bursary at a time but there is a cap at $3000 (if receiving multiple bursaries) or one bursary of a value higher than $3000.
Awards

Competitive Entrance Awards
There are numerous awards available for students entering the University of Saskatchewan either directly from high school or who have been out of high school for one or more years but have less than 18 transferrable credit units. These awards are based on academic achievement, financial need, and contributions to school and community life. Many of them recognize particular backgrounds, acknowledge contributions to clubs, and reward certain achievements such as athletics or music. Students can only receive one centrally-administered U of S award. If students are eligible for multiple awards they will be contacted regarding which one they would like to accept. You can search the available awards and apply online at: www.explore.usask.ca/moneymatters/awards/.

Pre-Medicine Awards
The Pre-Medicine Awards are offered each year to students of Aboriginal ancestry who are continuing students (beyond first year of program) registered in a minimum of 24 credit units (September–April) working towards a Baccalaureate degree in a bona-fide 4-year degree program at an accredited Saskatchewan post-secondary institution. The application deadline is October 1st annually. The application forms can be found at http://medicine.usask.ca/documents/aboriginalinitiatives/2015-Pre-med-Awards-Application.pdf. If you have any questions about the application process, please contact Sherrill Bueckert at sherrill.bueckert@usask.ca.
**Medicine Awards**

**Undergraduate Medical Education Student Bursaries**
These bursaries are available to medical students in their 3rd and 4th year to assist medical students in completing their undergraduate studies. In return for the funding, recipients must live and practice full-time in rural, regional or northern Saskatchewan for a fixed period of time following completion of their training. There are a number of conditions involved in receiving funding, but if you are interested in pursuing a career in family medicine and working in a smaller community, it may be a very good option. There is also a similar bursary for family medicine residents. More information can be found on the Saskatchewan Medical Associations website at [www.sma.sk.ca/](http://www.sma.sk.ca/).

Medical Students are also eligible for University of Saskatchewan Continuing Scholarships and Bursaries.

**Indspire Scholarships and Bursaries**
Indspire (previously NAAF) is the largest non-governmental funding body for First Nations, Inuit, and Métis post-secondary students in Canada. Indspire offers an **Aboriginal Health Careers bursary** usually due June 1 and Nov 1 of each year. As a First Nations, Inuit, or Métis medical student you would qualify to potentially receive this bursary. The application form is found on their website at: [https://indspire.ca/programs/building-brighter-futures/](https://indspire.ca/programs/building-brighter-futures/).

Indspire also offers a number of other bursaries and scholarships including one for **post secondary education** for studies in business, commerce, science, law, engineering, information technology, education, social work, social sciences, and technical studies. This may be useful in your pre-med years.

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**How old is College of Medicine at the U of S?**

The College of Medicine was first known as the “School of Medical Science.” It opened to students in 1926.
Other Scholarships, Bursaries and Awards

Studentawards.com is a popular website to begin looking for scholarships and bursaries. It allows you to sign up for an account and then matches you with scholarships that it feels you would be a suitable applicant for. The website contains one of the most comprehensive database of Canadian scholarships, bursaries, and awards. [www.studentawards.com/canlearn/](http://www.studentawards.com/canlearn/)

Scholarships Canada – this website allows you to search almost 24,000 scholarships based on school, interests, year and field of study, and it also matches you with suitable awards based on the profile you create. [www.scholarshipscanada.com/](http://www.scholarshipscanada.com/)

Funding is also available from the Canadian Forces to medical students willing to sign a four-year return-of-service deal. In addition to all tuition and expenses paid, medical students and residents will receive a salary of $44,000 - $54,000 a year in addition to other benefits. More information can be found at [www.forces.ca/en/home#](http://www.forces.ca/en/home#).

The University also has a links page that contains links to many external awards for students. It can be found at [www.students.usask.ca/moneymatters/awards/external/](http://www.students.usask.ca/moneymatters/awards/external/).

In all that has happened in my life, I still cannot believe I am on the verge of accomplishing what I thought would remain forever a dream.

Jonathon Starr, MD
Star Blanket First Nation
Class of 2014
Loans and How They Work

Student Loans
You can apply for Canada-Saskatchewan Integrated Student Loans Program in June. To apply you must be a resident of Saskatchewan and enrolled in or qualified to enroll as a full-time student in an approved program in a designated school approved for government financial assistance. The application form can be completed online or in paper copy and mailed to the Ministry of Advanced Education, Employment, and Labor Student Financial Assistance Branch. If you complete the form online, you must submit your signed Consents, Authorizations, and Agreements in paper copy in order for your loan to be processed. It takes 6-8 weeks for your application to be processed, so the sooner you start the better. Once you have been approved for a student loan you will receive an assessment in the mail. The confirmation of enrollment is now sent to the university electronically. Once your enrollment is confirmed your student loan application will be complete for the current academic year.

As a medical student you will have many expenses related to your education. Student Loans take this into account and as a result you may receive up to a maximum of $633 a week depending on your situation and financial need. If you qualify, student loans are one of the best ways to help pay for school because you do not accumulate interest on the loan during school and you do not have to start paying them back until six months after you complete your degree. More information and application forms can be found at www.aeel.gov.sk.ca/student-loans/.

Student Service Centre, Ministry of Advanced Education
1120-2010 12th Ave
Regina, SK, S4P 0M3
Telephone: 1-800-597-8278 (toll-free) or (306) 787-5620
Fax: (306) 787-1608
Email: studentservices@gov.sk.ca
Line of Credit

A line of credit is available from all major banks. It is an arrangement with the bank that allows you to borrow an agreed-upon amount of money. You withdraw what you need, and pay interest only on what you use. This differs from a bank loan in which you pay interest on the entire amount of the loan. As a medical student, you will likely have more expenses than your government student loan will cover. A line of credit can cover the difference. Most banks offer good deals to medical students and are willing to lend up to $200,000 to medical students at prime. If you are looking into getting a LOC, take your time and do your research to find the best plan for you.

Emergency Funds

Special Needs Loan Program – this is through the Saskatchewan Medical Association and was established to provide last resort financial assistance to undergraduate medical students and family medicine residents at the University of Saskatchewan. The loan is provided interest free as long as the recipient agrees to practice in rural, regional or Northern Saskatchewan after completion of their residency. Recipients who do not fulfill the return of service are required to repay the principal plus accumulated interest. More information can be found on the SMA’s website at www.sma.sk.ca/
MD Management (MDM)

Once accepted into the College of Medicine, you can access the services of MDM. MDM is a subsidiary of the Canadian Medical Association that was set up to assist physicians, residents, students, and their families with financial issues. Carolyn Korpach is the student consultant in Saskatoon and is available to discuss a line of credit, financing school, debt management, buying a home, insurance, investments, and future financial planning. Their website also offers plenty of information at http://mdm.ca/

MD Management Ltd.
900 The Tower at Midtown
201 – 1st Avenue South
Saskatoon, SK, S7K 1J5
Telephone: (306) 244-0077 or toll free 1-800-667-0077
Email: carolyn.korpach@cma.ca

Band Funding

If you belong to a First Nation’s band, there may be funding available for you to attend university. Contact your band’s post-secondary coordinator for details. The Sponsorship Application Form is available at: www.usask.ca/fsd/students/sponsoring_students.php
Medicine is everything you hope it will be, and so much more. It may seem like something that is beyond your reach, but if you let your passion and commitment drive you down the medical path, nothing will stop your success.

– Jaylynn Arcand
Phase B, MD Undergraduate Program
There are currently over 2000 self-identified Aboriginal students at the University of Saskatchewan.
This Section Includes:

**Fun Stuff to do on Campus**
- Campus Recreation and The PAC
- Huskie Athletics
- Campus Clubs
- Museums and Galleries

**Fun Stuff to do in Saskatoon**
Fun Stuff on to do on Campus

Campus Recreation and The PAC

**THE PAC**, the Physical Activity Complex, is a state-of-the-art, showcase building that opened in August 2003. The facility services all 19,500 students, 4,500 faculty and staff, alumni, and thousands from the community who participate in the Community Programs. Your U of S student card gives you free access to the gym, racquet ball courts, squash courts, and two swimming pools.

A complete activity guide can be obtained at: [http://kinesiology.usask.ca/community-programs/](http://kinesiology.usask.ca/community-programs/)

**Campus Recreation** offers students the opportunity to play on a variety of different sports teams. It is a great way to meet people, get some exercise, and have fun! There are men’s, women’s and co-rec leagues for a variety of skill levels. Some of the sports offered include: basketball, curling, football, floor and ice hockey, soccer, volleyball, badminton, futsal, innertube waterpolo and basketball, and ultimate frisbee. There are also workshops offered throughout the year that teach beginners sports such as scuba, fencing, racquetball, kayaking, and dancing.

**College of Kinesiology General Office**
Room 222, Physical Activity Complex
87 Campus Drive
Phone: (306) 966-1040
Email: campus.rec@usask.ca
Huskie Athletics

Huskie Athletics were established in 1911, and since then athletes have been representing the U of S in a wide variety of sports. The Huskies are one of the top sport schools in Canada year after year. With 94 Canada West Championships and 25 CIS Championships under its belt, Huskie Athletics is one of the most dominant programs in the country. The football team is recognized as one of the best programs in Canadian Interuniversity Sport. Sports include: football, hockey, soccer, basketball, volleyball, track and field, cross country, and wrestling.

**Huskie games are free to all U of S students. All you need to attend a game is your student card!**

Huskie Athletics
87 Campus Drive
Phone: (306) 966-1020
Email: huskies@usask.ca
A current game schedule can be found at [www.huskies.usask.ca](http://www.huskies.usask.ca)

A Huskie Football Game at Griffiths Stadium.
SOCIAL AND RECREATIONAL ACTIVITIES

Campus Clubs

A good way to get involved at the University of Saskatchewan is by taking an active role in a club. The University of Saskatchewan has an excellent record on student run organizations like Pre Med Club, Saskatchewan Medical Students Society, Arts and Science Students Union, Saskatoon Engineering Students Society, etc. Being involved in a university club is a great way to meet people on campus and enjoy a non-academic activity. There are over 75 ratified clubs on campus, so it should be easy to find one that suits your interests. For information on all the clubs check out Campus Club Week early in the school year or visit the Campus Groups website at: http://www.ussu.ca/

Museums and Galleries

• Diefenbaker Canada Centre
• Gordon Snelgrove Gallery
• Kenderdine Art Gallery
• Museum of Antiquities
• Museum of Natural Sciences
• St. Thomas More College Art Gallery


Medicine is a fascinating field with a great deal of opportunity. It is a privilege to learn everything there is to know about the human body and extremely humbling to apply that knowledge to care for others. I am well into my third year at the U of S and I can proudly say I still enjoy coming to school everyday!

– Donovan MacDonald
Phase C, MD Undergraduate Program
Fun Stuff on to do in Saskatoon

**Leisure guide** published twice a year by the City of Saskatoon and contains information for a variety of arts, culture, and recreational activity throughout the year.

**Tourism guide of Saskatoon** contains information on attractions, events, festivals, and more. It can be obtained at: www.tourismsaskatoon.com/

**Saskatoon dining guide** provides restaurant information for a variety of tastes. It can be obtained at: www.saskatoonkiosk.ca/

**Saskatoon attractions**
A website containing links about activities to do in Saskatoon can be found at: www.whattodoinsaskatoon.com/attractions.htm
How much would it cost to buy the University of Saskatchewan?

The total replacement cost for the University’s physical assets, including buildings and infrastructure, is estimated at $5 billion dollars.
Fun Fact: The first building on campus, the College Building, was opened on October 12, 1912. It was declared a provincial heritage building in 1982, a federal heritage building in 2000 and became a national historic site in 2009.
RESOURCES AND WEBSITES

National Resources
Indigenous Physicians Association of Canada (IPAC)  www.ipac-amic.org/
The Association of Faculties of Medicine of Canada - Medical Education: Aboriginal Health Needs  www.afmc.ca/social-aboriginal-health-e.php
National Aboriginal Health Organization (NAHO)  www.naho.ca/english/
Canadian Federation of Medical Students  www.cfms.org/
Canadian Medical Association  www.cma.ca/
First Nations, Inuit and Aboriginal Health  www.hc-sc.gc.ca/
Assembly of First Nations  www.afn.ca/
Métis National Council  http://wwwmetisnation.ca/
Inuit Tapiritt Kanatami  www.itk.ca/

Provincial Resources
Saskatchewan Medical Association  www.sma.sk.ca/
Federation of Saskatchewan Indian Nations  www.fsin.com/
Métis Nation-Saskatchewan  www.mn-s.ca/

Local Resources
Saskatoon Tribal Council  www.sktc.sk.ca/
Saskatoon Indian and Métis Friendship Centre  www.simfc.com/

University of Saskatchewan
Aboriginal Students Centre  www.students.usask.ca/aboriginal
Other Websites

The Association of American Medical Colleges has some useful websites for learning more about medicine. Check out www.aspiringdocs.org and www.aamc.org/

Canadajobs.com provides some info about pursuing an M.D. Degree in Canada. www.canadajobs.com/

MD Management http://mdm.ca/

Aboriginal Multi-Media Society www.ammsa.com/

My journey to becoming a doctor has been anything but direct. After facing some challenges in my childhood, I did poorly in my first year at the U of S and did not return to school the next year. With the encouragement of family, I timidly returned to university and realized that I wanted to become a physician. I was nervous about getting in, and fitting in, to the College of Medicine. Then I met Val, who made me feel welcomed and worthy. It wasn’t easy getting in, but with time, effort, and the support of caring individuals like Val, I was accepted into the class of 2012. The support I have received as a medical student within the College of Medicine has been extraordinary – I am grateful for the support from staff, faculty, and especially Val, and the Dean, Dr. Albritton. With their support, not only have I persevered through challenges encountered since returning to the U of S, but I’ve also had some amazing experiences in programs and groups such as Making the Links, and the Family Medicine Club. Furthermore, it is because of their support that establishing the Aboriginal, Rural, and Remote Health Group has been possible. It is amazing what you can accomplish with the support of others and belief in yourself - and for this, I say mitakuye pidamaya.

– Cheryl Mitchell
The University of Saskatchewan is committed to serving the needs and interests of Aboriginal students and communities through programming, services and structures. We value the diversity, added dimension and cultural richness you bring to our campus.

**The Institutional Imperative**

“We will be characterized as a place with diversified approaches and flourishing initiatives in every college and school involving rigorous and supportive programs for Aboriginal student success, engagement with Aboriginal communities, inclusion of Indigenous knowledge and experience in curricular offerings and intercultural engagement among faculty, staff and students.”

-Third Integrated Plan
Northern Medical Services is one of seven divisions of the Department of Academic Family Medicine. NMS was created in 1984. Service is provided in close collaboration with the Northern Health Authorities and the Northern Inter-Tribal Health Authority.

Thirty-one physicians from Stony Rapids, Ile a la Crosse, La Loche, La Ronge, and Prince Albert travel by air or road to surrounding community health centers to work in consultation with Primary Care Nurses. The physician’s role is much more than the clinical care of patients. Liaison with other health-care personnel, local community committees and other agencies is essential. Physicians are engaged in a bi-directional process: listening and learning from others in the community while fostering community initiated health promotion activities. They have a key role in the health care team of primary care, hospital and public health nurses, medical specialists, community health workers, band councils and local health committees.

Acknowledgements
This handbook was assembled by medical students, Alanna Surkan and Yingyu Wang, and updated by Teghan Moon in 2013. A special thanks goes out to all the staff, faculty, students, Elders, and Aboriginal Community at the University of Saskatchewan for your guidance and contribution. This project was supported by Health Canada and the Student Work Experience Program.
Rising up out of the landscape of our campus, the iconic Gordon Oakes – Red Bear Student Centre will be a vibrant, inclusive gathering place that welcomes everyone—Aboriginal and non-Aboriginal people alike—to come together and learn from each other in respectful ways.

The vision for this project is to provide resources and amenities for Aboriginal students while engendering knowledge and understanding of Aboriginal history and culture among non-Aboriginal students and the campus community.

Construction began June 2013.

The building will provide space for the following activities:

- Space for Aboriginal students, coordinated through the Indigenous Students’ Council, including a lounge, resource and computer room, and student office
- Aboriginal Students’ Centre/Student and Enrolment Services offices and facilities for student advisors/counselors, including space for elders
- Central teaching/learning/ceremonial space