

❖ **SUPPORT TOOLKIT for**  
First Nations, Inuit & Métis  
Students into Medicine



UNIVERSITY OF  
SASKATCHEWAN

College of Medicine

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## Message from the Director of Admissions

Trustin Domes

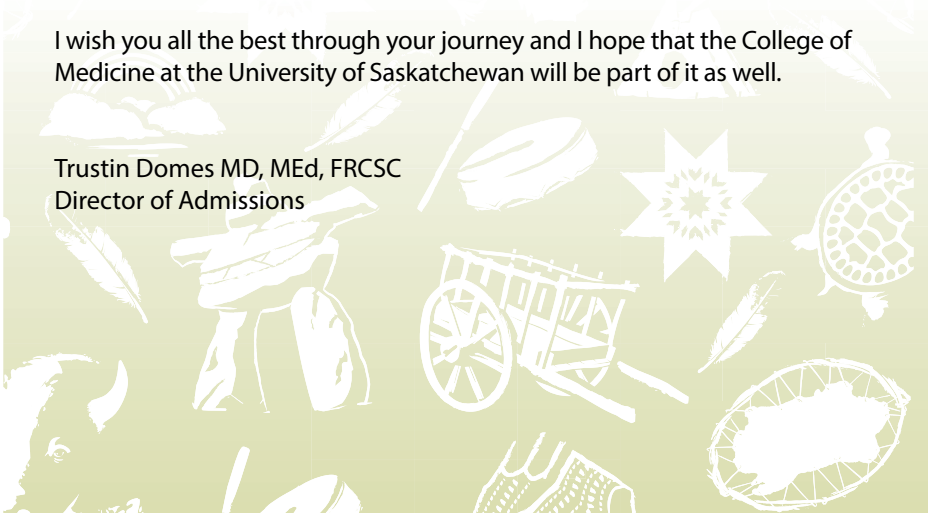


Thank you for taking the time to learn more about our school and what we have to offer you at the University of Saskatchewan, College of Medicine – Saskatchewan’s Medical School. We value diversity and strongly promote and celebrate a culturally safe and inviting learning environment for Indigenous students. The successes of the current and former Indigenous medical students, faculty and staff are a testament to where we want to be in regards to Indigenizing the school, but we have more work to do.

Admissions is the lifeblood of our College and we fully realize the unique barriers Indigenous students face to pursue medicine as a career. Our goal is to help bring down these barriers and to offer opportunities and inspire Indigenous students to pursue medicine as a career and feel supported and encouraged through the application process. We have developed unique programs and initiatives to support Indigenous students through all phases of their medicine journey – from recruitment to admissions to graduation and beyond. Having a strong Indigenous voice in the College of Medicine and future physician work force of this province is very important as we build truth, reconciliation and relationship with Indigenous patients and communities.

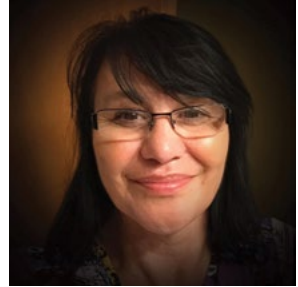
I wish you all the best through your journey and I hope that the College of Medicine at the University of Saskatchewan will be part of it as well.

Trustin Domes MD, MEd, FRCSC  
Director of Admissions



## Message from the Indigenous Coordinator Valerie Arnault-Pelletier

Tanisi. I am a nehiyaw iskwew from my Grandmother's community of Beardy's and Okemasis First Nation. I acknowledge my Mother's community of Waterhen First Nation, Saskatchewan.



I am the Indigenous Coordinator with the University of Saskatchewan College of Medicine and the School of Rehabilitation Science. The College of Medicine and the University of Saskatchewan has many dedicated resources to help ensure the success of Indigenous students in the College. We have many supports through the Office of Student Affairs, many special interest student groups and a variety of other supports through wellness activities and student gatherings. I take an inclusive approach to my work to ensure students, graduates and family members are part of activities wherever possible.

My office offers workshops for Admissions, welcome gatherings, luncheons and access to information about scholarships and bursaries as well as orientation sessions and mentorship opportunities. I also offer access to cultural resources such as ceremony, Knowledge Keepers and Indigenous language classes. I profile Indigenous student role models and Indigenous physicians wherever possible, and, along with colleagues, attend local, national and international events to highlight students, community engagement and Medicine.

As a College, we also have other programming such as research activities, curriculum development and Northern Medical Services dedicated to improving the education and health of Indigenous people.

I very much have an open door policy to ensure students and others are welcome to drop by my office for a visit at any time. If I am available, you are most welcome to stop by. If you have ideas for my office, I am always open to your thoughts and ideas.

In the spirit of good health and wellness

Valerie Arnault-Pelletier  
Indigenous Coordinator

*"I hope that by being in the CoM, I can help other Aboriginal youth realize that it's certainly something within reach. By creating my own path, we start to show how there are more diverse paths to medicine, (that) it's an achievable goal for Aboriginal youth, and letting them know that there are resources there to support them to achieve those goals."*

- Josh Butcher





## 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 Rehabilitation Science and the School of Public Health.

## This Section Includes:

### **Admissions Information**

- College of Medicine Website
- Aboriginal Admissions 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 Clubs

### **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 College of Medicine has more than 30 self-declared Aboriginal students enrolled in the medical degree program, and in 2017 graduated a record number of Aboriginal students. We are building a healthier world.*

## Admissions Information

### College of Medicine Website

The college website, [www.medicine.usask.ca/](http://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](mailto:med.admissions@usask.ca).

### Aboriginal Admissions Program

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 <https://medicine.usask.ca/admission-to-the-md-program/how-to-apply.php>

### 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 Valerie Arnault-Pelletier at [valerie.arnault@usask.ca](mailto: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/students/undergraduate/indigenous-admissions.php#AwardsandScholarships> If you have any questions about the application process, please contact Sherrill Bueckert at [sherrill.bueckert@usask.ca](mailto:sherrill.bueckert@usask.ca).

## Requirements for Admission

### Residency and Citizenship

The Aboriginal Admissions 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 Aboriginal Admission Program 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/ugme/admission/Entry2018ApplicantInformation.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.php](http://www.explore.usask.ca/admission/requirements.php)



Dr. Jodi Parent  
Class of 2012

**University Requirements:** To be eligible to apply,  $\geq 90$  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 <https://medicine.usask.ca/admission-to-the-md-program/how-to-apply.php>. For information on MCAT preparation and registration, please visit [www.aamc.org/mcat](http://www.aamc.org/mcat).

## Recommended Courses for MCAT Preparation

University of Saskatchewan	University of Regina
Biology 120.3 and 121.3 or Biology/Biomedical Science 224.3	Biology 100 and 101
Chemistry 112.3 and 250.3	Chemistry 104 and 140
Physics 115.3 and 117.3	Physics 109 and 119
English 110.6 or any two of 111.3, 112.3, 113.3, 114.3	English 100 and 110
Biomedical Science 200.3 and 230.3	Biochemistry 220 and 221
Psychology – 6 credits	Psychology – 6 credits
Statistics – 6 credits	Statistics – 6 credits

## 2 Four-Year Baccalaureate Degree

To be eligible to apply,  $\geq 90$  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/admission-to-the-md-program/how-to-apply.php>

## 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.



Annette Pegg and Vincent Niccoli, First Nations and Métis Medical Students, Aboriginal Achievement Award winners 2017

## 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 a 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 [uofs.pmc@usask.ca](mailto:uofs.pmc@usask.ca)

The **Pre-Med 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: <https://www.facebook.com/URpremed/>  
Email: [inquiries@urpremed.com](mailto:inquiries@urpremed.com)

## Reconciliation and the Calls to Action

The University of Saskatchewan is dedicated to Aboriginal student success, to fostering meaningful relationships with Aboriginal communities and to promoting Aboriginal knowledge and scholarship. Through collaboration, innovation, respect and humility, the university fosters a welcoming environment that is grounded in the principles of reconciliation and is able to address the calls to action placed on everyone in this country.



## Important Dates for Application

**August** - Application available online. Refer to the College of Medicine website for the application deadline.

**September** - Admissions Policies and Procedures Information session with the 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

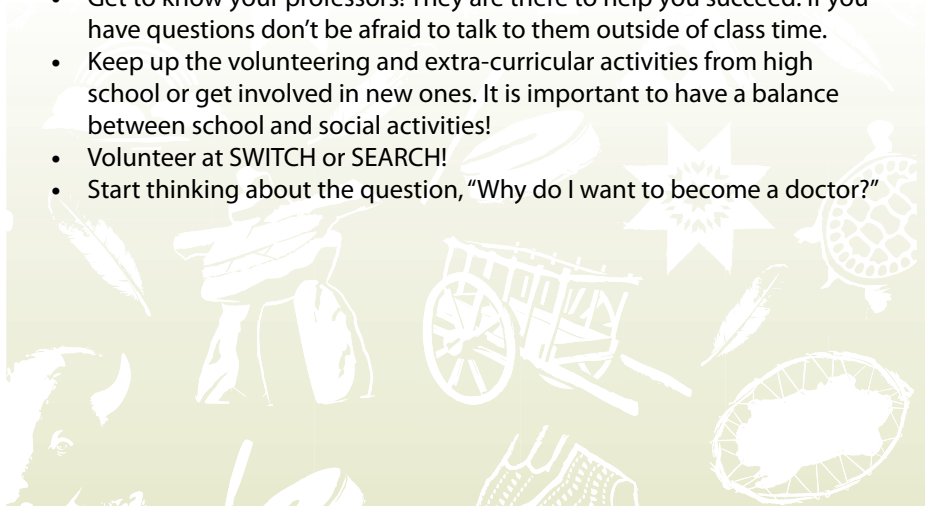
If you are considering a career in medicine, it is never too early to start doing some research and learning more about the program and the profession!

### 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 Aboriginal Admissions Program 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 Admission Program 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.
- 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 U of 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?**

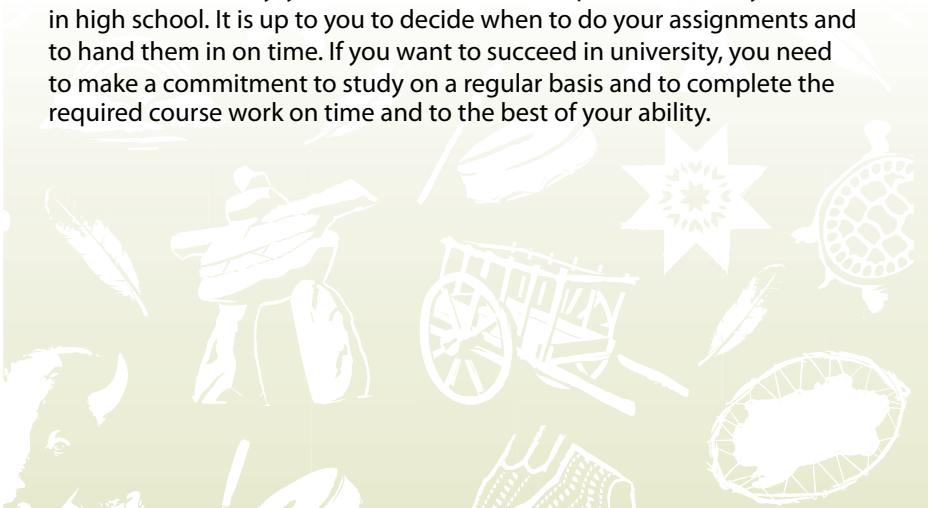
There is no right or wrong “pre-med” degree to pursue. We have no degree preference. As long as you meet all the application requirements (MCAT, 4-year degree, etc.) then you will be considered. It is important to pursue a degree that interests you and that could lead to a fulfilling career if you are 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 assessor 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.

**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.

**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 medical specialties can I choose from residency?**

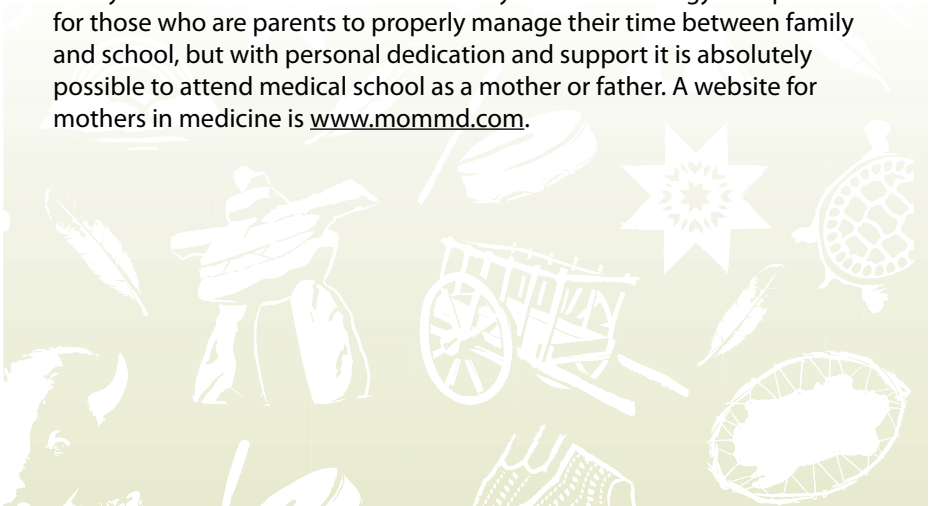
There are a total of 32 specialties and 15 sub-specialties available to Canadian medical students.

**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](http://www.mommd.com).



## College of Medicine Contacts


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

Valerie Arnault-Pelletier  
Aboriginal Coordinator  
Box 17, College of Medicine  
5B53.1 Health Sciences Bldg  
107 Wiggins Road  
Phone (306) 966-5901  
Email: [valerie.arnault@usask.ca](mailto:valerie.arnault@usask.ca)

## College of Arts & Science

Aboriginal Student Advisors:  
Arts 248  
Phone (306) 966-2004 or Text the advisors at (306) 361-5990  
<http://artsandscience.usask.ca/>

## Aboriginal Students' Centre



Campus Drive  
Phone (306) 966-5790  
Email: [asc@usask.ca](mailto:asc@usask.ca)  
<https://students.usask.ca/aboriginal/asc.php>

▣ **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 capstone course focused on ensuring students are prepared for the next phase of their training.



Elders Louise Halfe and Norman Fluery provide First Nations and Métis perspectives, guidance and teachings to medical students

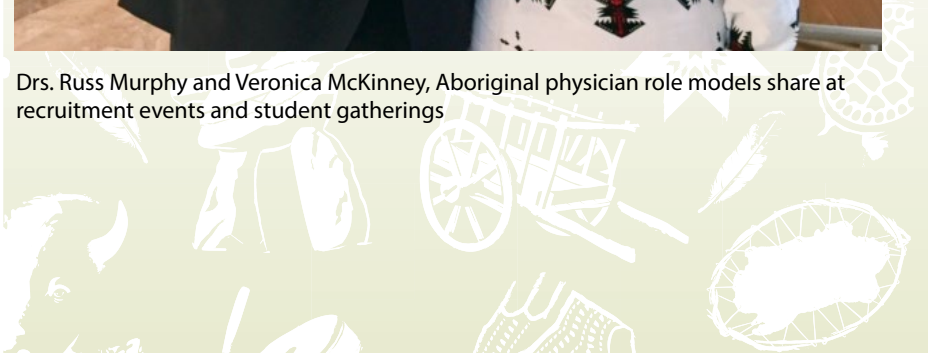


## Educational Philosophy

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.



Drs. Russ Murphy and Veronica McKinney, Aboriginal physician role models share at recruitment events and student gatherings



## 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 [arrhg.sk@gmail.com](mailto:arrhg.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 community partnership with Kawacatoose First Nation

## 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 and SEARCH

During the first two years of studies, students also work at one of two student-led interdisciplinary clinics aimed at providing after-hours care to core neighborhood clients: SWITCH (Student Wellness Initiative Towards Community Health) in Saskatoon or SEARCH (Student Energy in Action for Regina Community Health) in Regina. More information respectively for SWITCH and SEARCH can be found at <http://switch.usask.ca/> and <http://searchhealthclinic.com/about-2/m>



### Making the Links

Making the Links-Certification in Global Health is a unique certificate program for undergraduate medical students. The program combines academic courses with intense service learning experiences in the context of an urban underserved community at SWITCH (Student Wellness Initiative Towards Community Health) in Saskatoon, rural, remote and Aboriginal communities in northern Saskatchewan and international communities in Mozambique, Vietnam and Australia. Rich in interactive, experiential, and didactic learning opportunities, this was the first undergraduate certificate in global health in Canada.

For more information please visit: [www.makingthelinks.usask.ca](http://www.makingthelinks.usask.ca)



## ■ Student Supports



*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 Wellness**

**Student Counseling**

**Transportation, Parking, and U-PASS**

**Access and Equity Services**

**Discrimination and Harassment Prevention**

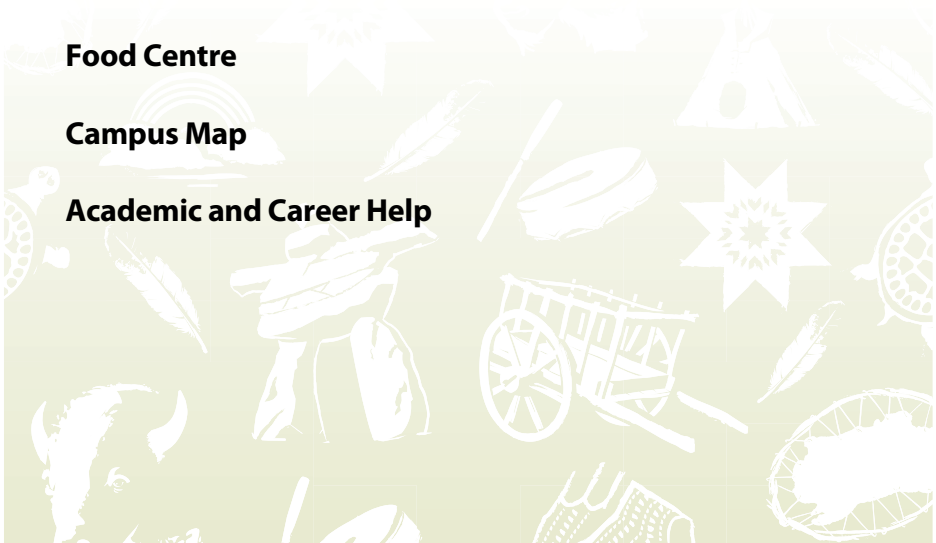
**Emergency**

**Information Technology Support**

**Food Centre**

**Campus Map**

**Academic and Career 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 programming 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 Student Learning Services.
- 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 Pride Centre's Queerapalooza.
- The centre also celebrates student success through Aboriginal Achievement Week, Graduation Powwow, and National Aboriginal Day.

<https://students.usask.ca/aboriginal/asc.php>

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: <https://admissions.usask.ca/campus-life/housing.php> for more information or to apply for residence.

### Off-Campus Housing

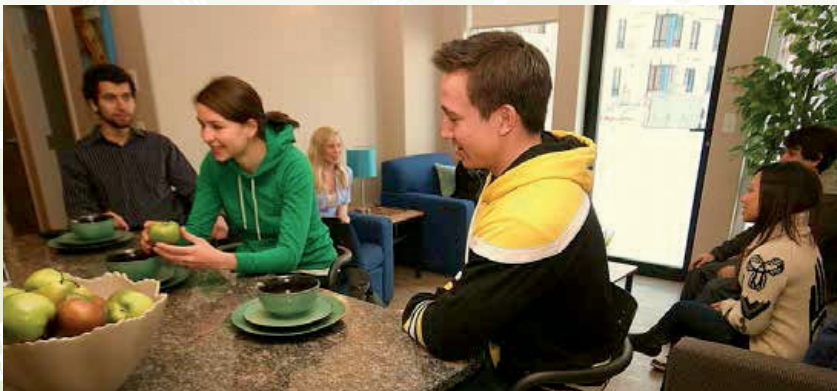
There are many resources for finding a place to live including word-of-mouth, internet websites (<http://saskatoon.kijiji.ca/>, [www.househunting.ca/](http://www.househunting.ca/)), newspapers (The Star Phoenix [www.thestarphoenix.com/](http://www.thestarphoenix.com/)) and the University Housing Registry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

**Sasknative Rentals Inc.** ([www.sasknativerentals.ca](http://www.sasknativerentals.ca))

**Saskatoon Housing Authority** ([www.saskatoonhousingauthority.com/](http://www.saskatoonhousingauthority.com/))





## Early Years and Child Care

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](mailto: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](mailto:childcare@ussu.ca)

For a list of daycare centres in Saskatoon please visit the Government of Saskatchewan Early Years and Child Care Website: <http://www.saskatchewan.ca/residents/family-and-social-support/child-care>



Medical student Cora Mirasty and baby. We encourage family to attend College of Medicine events whenever possible.

## Student Wellness

The Student Wellness 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 Wellness Centre

3rd Floor (Rm. 310) & 4th Floor, Place Riel Student Centre

Phone: (306) 966-5768

Fax: (306) 966-5786

<https://students.usask.ca/health/centres/health-services.php>

## 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

<https://students.usask.ca/health/centres/counselling-services.php>



## 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

<https://transit.saskatoon.ca/>

### 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](http://www.usask.ca/consumer_services/parking/index.php)



## Access and Equity Services

Access and Equity 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 Access and Equity Services for Students to access its services and programs. Visit their website at <https://students.usask.ca/health/centres/access-equity-services.php> for more information or drop by their office Monday to Friday, 8:30am – 4:30pm.

Access and Equity Services for Students  
105 Administration Place, Room E1  
Phone: (306) 966-7273  
Email: [aes@usask.ca](mailto:aes@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](http://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 Protective Services department. They can be contacted 24/7 for any type of emergency or concern.

### **Protective Services**

(306) 966-5555

72 Campus Drive

[protective.services@usask.ca](mailto:protective.services@usask.ca)

<http://www.usask.ca/protectiveservices/>

## Information Technology Support

Offers help on a wide range of computer and technology services.

[www.usask.ca/its/guides/student\\_guide/](http://www.usask.ca/its/guides/student_guide/)

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

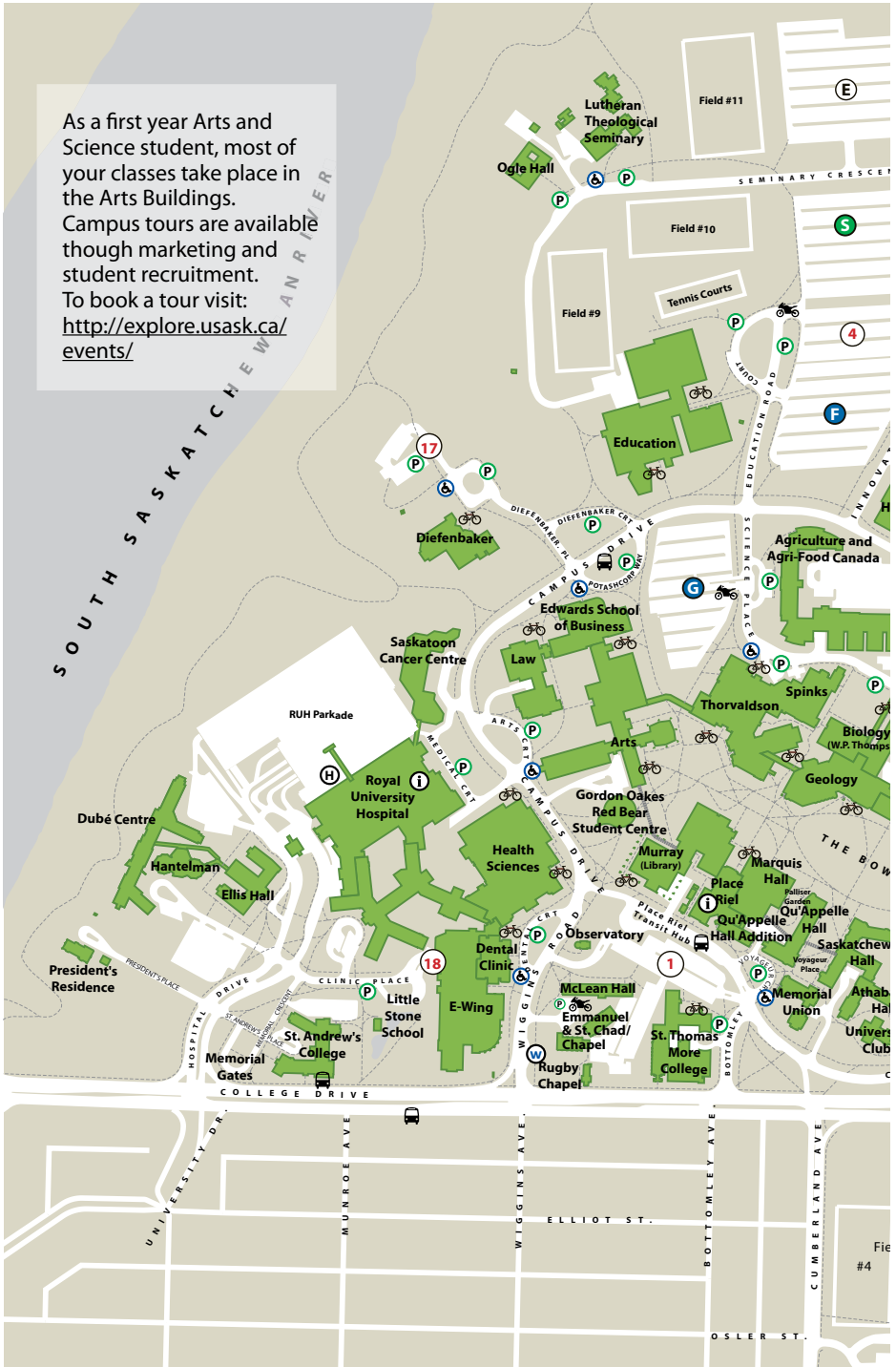
## Food Centre

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 <https://ussu.ca/main-page/centres/food-centre/> or call their office at (306) 966-1792.

# Campus Map

As a first year Arts and Science student, most of your classes take place in the Arts Buildings. Campus tours are available through 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

<https://students.usask.ca/student-central.php>

### Student Learning Services

Student Learning Services 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 <https://library.usask.ca/studentlearning/>

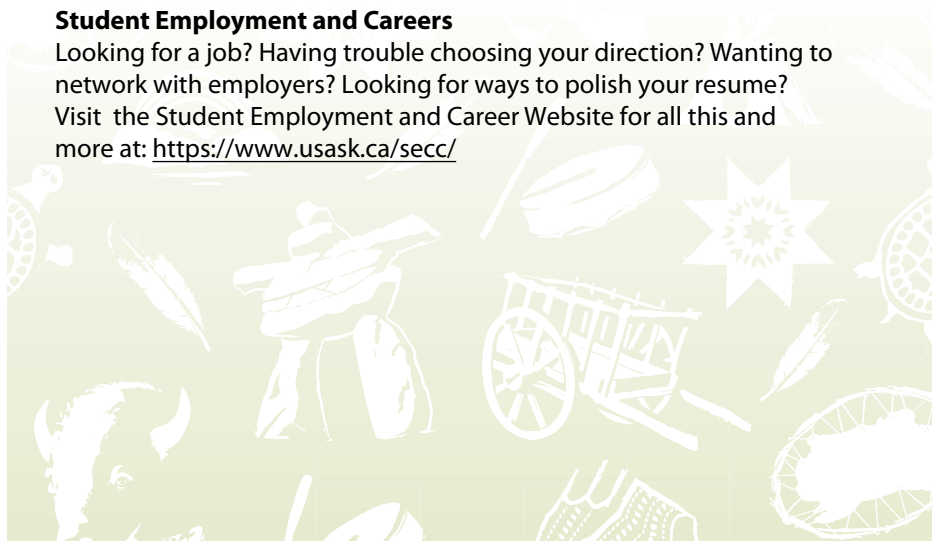
For a list of academic programs offered to Aboriginal Students please visit <https://students.usask.ca/aboriginal/>

### 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: <https://www.usask.ca/secc/>





## ▣ Financing Medical School



*The Four Directions represent the interconnectedness of the universe and all its elements: plants, animals, humans and the environment in which they live. The Aboriginal 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**

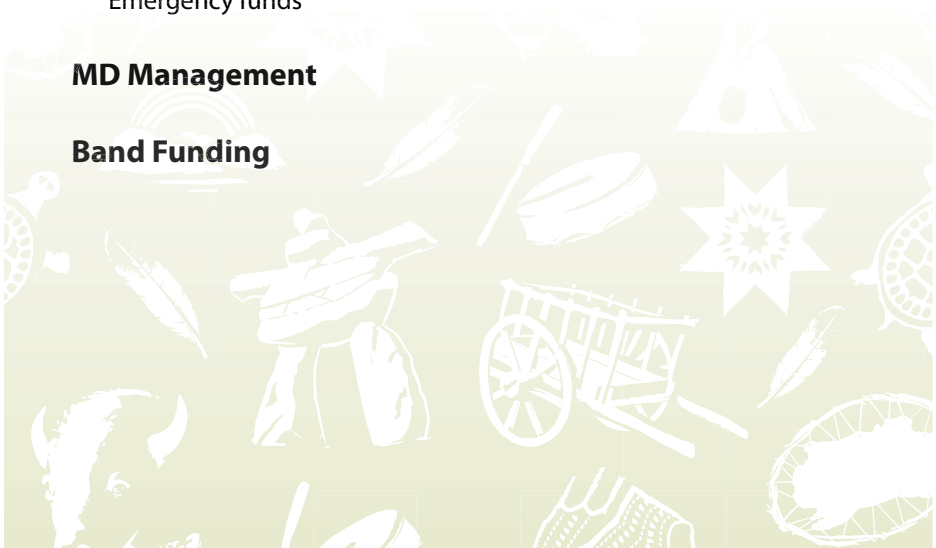
### **Other Scholarships, Bursaries and Awards**

### **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 Finance and Awards office, by telephone, or online. Methods of payment include cash, cheque, interac debit card, Mastercard, or internet banking.

### Student Finance & Awards

E1-105 Administration Place

Phone: (306) 966-2863

<https://students.usask.ca/money/tuition-fees/pay.php>

Email: [student\\_accounts@usask.ca](mailto:student_accounts@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 <https://admissions.usask.ca/money/scholarships.php>

Your best Average	Your Guaranteed Cash
95% or greater	\$3000
93% to 94.9%	\$2000
90% to 92.9%	\$1000
85% to 89.9%	\$500

### 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 transferable 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: <https://admissions.usask.ca/money/scholarships.php>.

### 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/students/undergraduate/aboriginal-admissions.php>. If you have any questions about the application process, please contact Sherrill Bueckert at [sherrill.bueckert@usask.ca](mailto: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 them 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 Association's 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: <http://indspire.ca/for-students/bursaries-scholarships/>.

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.

### ***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 databases 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 webpage that contains links to many external awards for students. It can be found at <https://student.usask.ca/money/awards/external.php>.



*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, Student Services Centre. 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 <http://www.saskatchewan.ca/studentloans>

### 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](mailto: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. 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/](http://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.  
100-306 Queen Street, Main Floor  
Saskatoon, SK, S7K 0M2  
Telephone: (306) 244-0077 or toll free 1-800-667-0077  
Email: [prairieregion@cma.ca](mailto:prairieregion@cma.ca)

## Band Funding

If you belong to a First Nations 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: <https://students.usask.ca/money/tuition-fees/pay.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  
Class of 2017



## ▣ Social and Recreational Activities



*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 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:  
<https://recservices.usask.ca/programs-services/activities-guide/>

**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](mailto: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 105 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](mailto: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.*



### 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/>

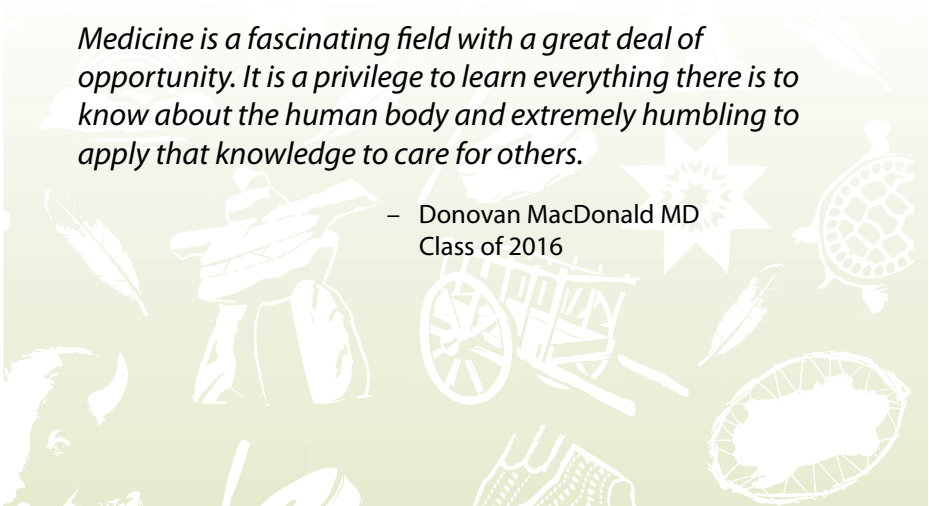
### Museums and Galleries

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

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*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.*

– Donovan MacDonald MD  
Class of 2016



## Fun Stuff 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/](http://www.tourismsaskatoon.com/)

**Saskatoon dining guide** provides restaurant information for a variety of tastes. It can be obtained at: <http://www.tourismsaskatoon.com/things-to-do/dining/>

### Saskatoon attractions

A website containing links about activities to do in Saskatoon can be found at: <http://www.whattodoinsaskatoon.com/attractions.php>



## Resources and Websites



### ***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.*

This Section Includes:

**National Resources**

**Provincial Resources**

**Local Resources**

**University of Saskatchewan**

**Other Useful Websites**



**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.

## National Resources

**Aboriginal Physicians Association of Canada (IPAC)** [www.ipac-amic.org/](http://www.ipac-amic.org/)

**The Association of Faculties of Medicine of Canada - Medical Education:**

**Aboriginal Health Needs** <http://afmc.ca/medical-education/aboriginal-health-needs>

**National Aboriginal Health Organization (NAHO)** [www.naho.ca/english/](http://www.naho.ca/english/)

**Canadian Federation of Medical Students** [www.cfms.org/](http://www.cfms.org/)

**Canadian Medical Association** [www.cma.ca/](http://www.cma.ca/)

**First Nations, Inuit and Aboriginal Health** <https://www.canada.ca/en/health-canada/services/first-nation-inuit-health.html>

**Assembly of First Nations** [www.afn.ca/](http://www.afn.ca/)

**Métis National Council** <http://www.metisnation.ca/>

**Inuit Tapiritt Kanatami** [www.itk.ca/](http://www.itk.ca/)

## Provincial Resources

**Saskatchewan Medical Association** [www.sma.sk.ca/](http://www.sma.sk.ca/)

**Federation of Sovereign Indigenous Nations** [www.fsin.com/](http://www.fsin.com/)

**Métis Nation-Saskatchewan** <http://metisnationsk.com/>

## Local Resources

**Saskatoon Tribal Council** [www.sktc.sk.ca/](http://www.sktc.sk.ca/)

**Saskatoon Indian and Métis Friendship Centre** <http://www.simfc.ca/>

## University of Saskatchewan

**Aboriginal Students' Centre** <https://students.usask.ca/aboriginal/asc.php>

## Other Websites

**The Association of American Medical Colleges** has some useful websites for learning more about medicine.

Check out [www.aspiringdocs.org](http://www.aspiringdocs.org) and [www.aamc.org/](http://www.aamc.org/)

**Canadajobs.com** provides some info about pursuing an M.D. Degree in Canada. [www.canadajobs.com/](http://www.canadajobs.com/)

**MD Management** <http://mdm.ca/>

**Aboriginal Multi-Media Society** [www.ammsa.com/](http://www.ammsa.com/)

**Government of Canada: Can Learn Website** <https://www.canada.ca/en/employment-social-development/services/student-financial-aid.html>



Over 200 Aboriginal students attended Indigenous Spend a Day at the U of S



## Testimonial

*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 Aboriginal knowledge and experience in curricular offerings and intercultural engagement among faculty, staff and students..."

-Third Integrated Plan

*"We cannot deem our role in the fostering of a civil society a success unless we become demonstrably and with commitment the best place we can possibly be for the Aboriginal people of this province and this country. None of the rest of it matters—at this point in our nation's history—if we do not achieve this."*

- Peter Stoicheff, President of the University of Saskatchewan, 2017

*For any changes or edits, please contact [valerie.arnault@usask.ca](mailto:valerie.arnault@usask.ca) or 966-5901*





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.

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# Gordon Oakes Red Bear Student Centre

***Rising up out of the landscape of our campus***, the iconic Gordon Oakes Red Bear Student Centre is 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 Gordon Oakes Red Bear Student Centre provides 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 provides space for the following activities:

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

