



NEXT STEPS NAVIGATOR

CLASSROOM TO CAMPUS

STUDENT RESOURCE

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INTRODUCTION

Congratulations on your wonderful achievements to date and your decision to further your aspirations through higher education. You possess both the power and the duty to shape your future, and education stands as one of the most potent means to do so. Post-secondary education not only provides you with lifelong knowledge but also enriches you with diverse social skills and the potential for enduring friendships.

University life promises to be an exhilarating time. It demands diligence, yet it offers an unparalleled chance to discover the world's offerings and forge connections with individuals from across the province, the nation, and perhaps, the globe.

The transition to this new phase may pose challenges, particularly for those balancing family obligations and those of you moving away from the Nation to pursue education. Maintaining ties with your family and community, and cultivating a positive support network, is crucial for success. Though the initial phase of this transition may seem overwhelming, remember that this is both a journey and an adventure.

Reflect deeply on where your dreams and aspirations aim to lead you. Success necessitates dedication and effort, so it is important to engage in pursuits that captivate your interest and to actively seek out new opportunities.

Utilize resources such as this Handbook, crafted to assist with seamless transition. And remember, never hesitate to ask questions; the more inquiries you make, the more informed your decisions will become.

Embark on this journey with determination, embrace every opportunity that comes your way, and bear in mind that the rewards awaiting you are boundless!

You have reached a significant place in your life. Reflect on your journey up to this point—consider the factors that have contributed to your success. What resources or strategies helped you during challenging periods? Who stood by your side, offering support? What lessons did you learn from the obstacles you faced? Hold these experiences close and, more importantly, these individuals. They will play a vital role in helping you navigate the upcoming phase of your educational odyssey.

**Throughout this document you will notice hyperlinks to various websites. For anyone who may be uncertain about how to follow a link, all you need to do is press the Ctrl button and then click on the link.*

Overview

This handbook has been compiled to address any questions you may have and to facilitate your transition into the next chapter of your educational journey. It outlines the experiences, challenges, and concerns of students, both current and alumni, of post-secondary institutions. The guide encompasses several topics, ranging from sponsorship to securing appropriate childcare in urban cities like Winnipeg, accessing affordable housing options, to forming new connections in an unfamiliar city. This handbook is designed to be a living, evolving resource, encouraging you to add and to its contents as you progress. It is important to note that while your initial objectives might evolve over time, this guide serves as the foundation, moving you towards multiple potential pathways. As you delve deeper into your journey, you may discover additional resources and links not listed in this handbook. When you do, share them with your Student Advisor to enrich the collective knowledge.

To optimize the use of this handbook, assess your current standing. If you are contemplating pursuing a degree or diploma at a public post-secondary institution, ensure you have established a connection with the Post-Secondary Coordinators. If your application is complete, or you are simply seeking more information about the transition, this guide is here to assist you.

Exploring Your Areas of Interest and Identifying Your Strengths

Deciding on a lifelong career can be overwhelming for many, while some may have had a clear vision since their early years others are still exploring the journey. Engaging in conversations with individuals who know you well, and seeking their assistance in identifying your strengths, can provide valuable insights, potentially unveiling future career aspirations you might have overlooked. Encourage honesty in their responses and remain open to their feedback. Different relationships may provide varying perspectives, so include individuals who have observed your educational journey, such as your Post-Secondary Counsellor, a teacher, or a member of the Chief and Council.

Numerous resources and methods are available to help you pinpoint your strengths and areas for development. However, personal reflection is a powerful tool in this process. Recall moments in your life when you felt particularly proud of an achievement, whether it was overcoming a challenge, reaching a goal, or positively impacting someone else's life. Consider the qualities and characteristics you exhibited during those times (e.g., patience, leadership, decisiveness). These reflections are likely to reveal your most significant strengths.

With a clear understanding of your natural abilities, you are well-positioned to embark on a path that aligns with your strengths, benefiting both yourself and the citizens in our Nation.

Connecting with Your Student Advisor

As a CLEA student, you have likely already been introduced to your Student Advisor; If not, make it a priority to meet them as soon as possible. Your Student Advisor is a crucial resource and community contact, providing support not just during your transition into PPSI, but throughout your entire academic journey.

Understanding the Distinction: College vs. University

Universities and colleges serve as learning institutions in higher education, yet they differ significantly in terms of their offerings, size, and structure. Universities boast a broader array of courses and a more extensive selection of degree programs compared to colleges. On the other hand, colleges tend to be smaller in size, have differing tuition rates, and may present fewer admission requirements. Additionally, many colleges provide programs focused on trades and practical skills.

As a student who will be benefiting from funding, it is crucial to consult with your Student Advisor to ensure that your educational funding remains secure. Be mindful that the availability of fundable months is limited, and there are specific guidelines that must be adhered to.

Selecting Your Public Post-Secondary Institution (PPSI)

Deciding on the PPSI you wish to attend is a significant choice, as it will be your home for a considerable duration. Conducting thorough research on the potential cities and institutions is an essential step in this process. If possible, plan a visit to the campus you are considering gaining a firsthand impression. Ask yourself, can you envision yourself thriving and studying there? During your visit, seize the opportunity to interact with staff members who can guide you through the application process, and perhaps even meet some of the professors who might be instructing your future classes.

Before arranging your campus tour, verify that the PPSI in question offers the specific program aligned with your career aspirations. If you are still uncertain about your path, the following section aims to provide additional guidance and clarity.

Programs that aide transition from reserve to off reserve students:

Brandon University - <https://www.brandonu.ca/ipc/indigenous-student-transition-program/>

Navigating Your Educational Path: From Interest to Study

Recognizing your desire to attend a Public Post-Secondary Institution (PPSI) is a commendable first step, even if you are still uncertain about your field of study. This is a common predicament for many prospective students. You've made progress in identifying your strengths; now, the challenge lies in determining which fields of study align with your skills and finding a career that captivates your interest from there.

Various surveys are available to help pinpoint your genuine interests and guide you toward a specific area of study at a PPSI. These tools, often referred to as career or aptitude tests, and are accessible online. However, be mindful that some may require a fee for comprehensive results. A recommended resource by both students and educators is [SchoolFinder](#). Registration is required to unlock all its features, but membership is free! This platform also offers valuable information and links to Canadian schools that provide courses and programs pertinent to your career interests.

Another excellent resource is [Career Cruising](#), which features over 550 career profiles, details on college, university, and apprenticeship programs, assessment tools for interests and skills, personal portfolio tools, and a resume builder.

Engaging with an academic advisor at your chosen PPSI is a crucial step to ensure you are on the right track with your course selections. Their guidance can help prevent any potential issues, such as finding yourself near graduation but missing a vital course to complete your degree.

Understanding Academic Specializations: Majors and Minors

In higher education, a major and a minor serve as avenues for students to specialize in subject areas within their chosen degree program. The key difference between these two lies in the credit requirements. To illustrate, if a student opts for a major in Education with a focus on becoming a teacher, they will need to complete a comprehensive curriculum, typically requiring around 60 credits of education-related courses. This would encompass various teaching methodologies, educational psychology, and subject-specific pedagogy.

Conversely, a minor in Education might require only 30 credits, offering a more condensed version of the major, yet still providing valuable insights and foundational knowledge in teaching. This option is often chosen by students who wish to complement their major in another field with education courses, potentially opening doors to teaching opportunities or enhancing their understanding of educational practices.

Student Questions to consider for the Post Secondary Institution

What support services do you have for Indigenous students?

Is there an Indigenous student union or other student advocacy group available on campus?

Is there an organization on campus that offers information on housing, transportation, childcare, financial assistance or social services?

Are there computer labs available for student use?

What extra-curricular activities are available?

If required, is there an elementary school or secondary school nearby?

Is there a daycare on site or close?

Are the courses I plan to take accredited? *(Be aware that some schools and courses are not accredited and therefore they may not transfer to other colleges and universities, and they may not count toward your degree.)*

Is the program I'm planning to take recognized by other post-secondary institutions? Will my courses transfer to other post-secondary institutions? (These are course credits that you can transfer from one post-secondary institution to another post-secondary institution and get credit for them, not all credits work this way)

What types of student housing does your institution offer?

What type of financial assistance can I apply for through your institution and how do I find out more information? Are there any financial assistance options specifically for Indigenous students?

Can you give me additional names and contact information of people at your institution who can assist me in applying to your institution or who I can contact for more information?

Navigating the Application Process for Your Chosen Post Secondary Institution

Ensure to meticulously review the official website of the Post-Secondary Institution (PSI) to which you are applying, as it should provide comprehensive guidelines on the application process.

Applying Online: If you opt for the online application route, be prepared to use a credit card for the payment of the application fee. It is crucial to ensure that you are operating on a secure computer during this process. If you are using a computer that does not belong to you, and it prompts you to save your password, always select 'NO' to prevent saving any login credentials, ensuring your account remains secure.

Applying via Paper: Should you choose to submit a paper application, you have the flexibility to pay the application fee through various methods, including credit card, money order, certified cheque, or cash.

Post-Application Steps: Upon receipt of your application and the associated fee, the PSI will issue a notification, either via mail or email, to inform you of any potential missing items in your submission.

You will be assigned a unique student number, a crucial identifier that grants you access to check your application status, apply for on-campus housing, and eventually, register for your courses.

On-Campus Housing: If you are considering on-campus accommodation, initiate your housing application promptly upon receiving your student ID number. Given that housing spaces are limited, it is advisable to apply early and ensure that the housing application fee is paid in a timely manner.

Funding

Do not delay in applying. These financial gifts typically granted based on academic excellence and/or personal accomplishments, can significantly ease the financial burden of your education. Most

educational institutions streamline the process by utilizing a single application form for numerous awards and scholarships, simplifying your access to these valuable resources.

Grants, Scholarships and Bursaries

Procrastination has no place when it comes to applying for scholarships! These financial awards distributed based on your academic achievements and/or personal feats, play a crucial role in alleviating the financial demands of your education. Most educational institutions facilitate this process by offering a consolidated application form, enabling you to apply for a variety of awards and scholarships with ease, thereby unlocking access to these invaluable resources.

Grants: (CLEA funding is an example of this)

- **What they are:** Money given to students for their education that does not need to be paid back.
- **How they work:** Often based on financial need, but can also be for specific purposes, like research or projects.
- **How to get them:** You might need to apply, or you could be automatically considered when you apply for financial aid.

Scholarships:

- **What they are:** Awards for students based on their achievements or talents.
- **How they work:** Usually based on academic performance, athletic skills, artistic abilities, or other achievements.
- **How to get them:** You typically need to apply and compete against other students.

Bursaries:

- **What they are:** Money given to students who need financial help.
- **How they work:** Based on financial need, but sometimes other factors are considered.
- **How to get them:** You usually need to apply and show that you need financial assistance.

While scholarships are a priority, do not overlook the importance of bursaries. You have slightly longer to apply for these, it is vital track the deadline for bursary applications at your Post-Secondary Institution (PSI) typically falls within the initial one or two months of the academic term. Bursaries, like scholarships, are monetary gifts, but they are primarily awarded based on financial need.

Canada Student Grant <https://www.canada.ca/en/services/benefits/education/student-aid/grants-loans/full-time.html>

Indigenous Bursaries Search Tool <https://www.sac-isc.gc.ca/eng/1351185180120/1351685455328>

Indigenous Scholarships <https://grantme.ca/8-scholarships-for-indigenous-students-in-canada/>

Accredited Post Secondary Institutions in Manitoba

Brandon University

<https://www.brandonu.ca/ipc/financial-aid-scholarships-and-bursaries/>

Thompson UCN

https://soar.ucn.ca/ICS/Campus_Life/Financial_Aid_and_Awards/Awards_Bursaries_and_Scholarships.jnz

University of Winnipeg

[Overview](#) | [Awards](#) | [The University of Winnipeg \(uwinnipeg.ca\)](#)

University of Manitoba

[Financial Aid and Awards](#) | [University of Manitoba \(umanitoba.ca\)](#)

Red River College

[Awards, Scholarships and Bursaries: RRC Polytech](#)

Manitoba Institute of Trades and Technology

<https://mitt.ca/>

Pre-Departure Considerations: Preparing for Your Next Chapter

Regardless of whether your current residence is on reserve in the Nation or elsewhere, there are multiple factors to consider as you prepare to transition from your existing home. Below is a compilation of questions and aspects to investigate. Keep in mind that not every item on this list will be relevant to every individual, do not hesitate to seek advice if you find yourself uncertain about any part of the process.

Housing

If you are moving out, how much notice do you need to give? Does it have to be in writing? If you are planning to move back into your current home, can you arrange to rent out your home or find a house sitter as an example.

If you currently live on-reserve, do you have to contact CMHC (Canada Mortgage and Housing Corporation)? Make sure you keep all documentation!

Will you be selling, giving away, storing, or taking your furniture and other belongings?

How much will moving costs be for moving your furnishings and personal belongings to your new city?

Can you keep your current home address, or will you have to do an address change with the post office?

Will you have to cancel phone/internet/other services?

How much will it be to travel to your new city? Note that there are high volume seasonal travel times when travel can be extremely busy and/or flights can be more expensive – try to avoid these if possible.

Off Reserve Housing Links and Information

University of Manitoba <https://umanitoba.ca/housing>

Places for students [Places for students to live](#)

University of Winnipeg <https://www.uwinnipeg.ca/campus-living/>

Rent Seeker <https://www.rentseeker.ca/student/apartments/manitoba/university-of-winnipeg>

Red River Community College <https://www.rrc.ca/housing/>

Winnipeg Neighbourhood Guide <https://www.liveinwinnipeg.com/live-here/neighbourhoods>

Brandon Residence <https://www.brandonu.ca/residence/>

Brandon Online https://ebrandon.ca/browseads.aspx?cat_id=71

Thomson / The Pas UCN Housing [Student Housing - University College of the North \(ucn.ca\)](#)

Housing Considerations

Proximity to Campus: Is it within a reasonable distance.

Parking: Is a spot available, and does it come with an extra charge.

Public Transit: Are there convenient routes to campus.

Childcare and Schools: Are quality facilities and schools nearby for your children.

Safety: Is the neighborhood safe for walking.

Essential Services: Are grocery stores, medical facilities, and laundry services accessible.

Work Commute: If you have a part-time job, is the housing location convenient.

Utilities Inclusion: Does the rent cover utilities like hydro, heating, and internet.

Damage Deposit: Ensure it adheres to the Residential Tenancy Act, capping at half a month's rent.

[Manitoba Rental Deposit Laws](#)

Lease Terms: Understand the length and terms of the lease, especially if you plan to leave for summer months.

Other items to consider.

Employment: Evaluate whether you need to resign from your current job or if it's possible to request educational leave. Determine the required notice period to inform your employer of your impending departure.

Childcare: If you have existing childcare arrangements, assess whether you need to cancel them or provide advance notice.

Community Involvement: Consider any community responsibilities you hold and plan for someone else to assume these duties in your absence.

Children's Education: If you have children, identify the necessary steps to transfer their school records to their new educational institutions.

Maintaining Community Connections: Explore options to stay connected with your community while away. This could involve setting up regular communication with an Elder or another respected community member through email, phone calls, or mail.

Mentorship: Reflect on individuals within your community who have served as mentors to you. Ensure you have a plan in place to maintain contact with them during your time away, continuing to benefit from their guidance and support.

Choosing a Mentor: A mentor is an experienced individual who offers advice and support. Consider having multiple mentors to guide you through different facets of your journey, such as a community mentor and a career/program-specific mentor. When selecting a mentor, ensure they are understanding, have overcome similar challenges, and can offer words of encouragement. Potential mentors could be Elders, family members, community leaders, employers, or teachers. If you find it challenging to identify a suitable mentor, seek assistance from your Post-Secondary Counsellor.

Relationships: If you are currently in a relationship, contemplate how relocating for school might affect your connection. Discuss whether your partner will be relocating with you and, if not, consider the potential challenges associated with maintaining a long-distance relationship.

Community Perception: Reflect on the experiences of other community members who have previously moved away for educational purposes. How were they received by their family, friends, and the broader community upon their return? Their experiences can offer valuable insights for your own journey.

Maintaining Community Ties: Staying connected with your community is paramount, as they can be a formidable source of support and strength, particularly when navigating challenges in a new environment. Celebrate your educational milestones with them and draw inspiration from their encouragement.

Elder Connections: Establishing a connection with an Elder while you are away serves as a vital link to your culture, roots, and spirit. If you do not already have a relationship with an Elder, identify someone you respect and admire who can fulfill this role, helping you stay grounded in your identity.

Involving Your Support Network: Engage your family and friends in your decision-making processes related to school and admissions, fostering a shared understanding of your journey.

Embarking on a New Chapter: Navigating Resources in Your New City

Transitioning to a new city and immersing yourself in a different environment is certainly an exciting adventure. Fortunately, there are a ton of resources, both on and off-campus, at your disposal. Embrace this journey as an opportunity to sharpen your problem-solving, time management, and organizational skills. To help you get started, here is a guide to some valuable resources you might find useful:

On-campus Resources

Your new educational institution is a treasure trove of resources, many of which cater specifically to Indigenous students. Upon arrival, make it a priority to locate your Indigenous Student Union/Centre/Office/Lounge. The name varies across institutions, but it's a space where you'll find fellow students and staff ready to assist you in navigating both on and off-campus resources, as well as informing you about available support programs.

Key On-campus Resources:

- **Elders-in-residence:** Access to Elders varies by institution, but they are available to offer guidance, advice, and support.
- **Student Union Building:** This hub includes retail and food outlets, food banks, photocopying services, bookstores, and various student associations.
- **Student Health Centre:** Home to medical professionals, these centers are invaluable, especially if you are in the process of finding a new primary care physician.
- **Student Counselling Centre:** A safe space for students dealing with stress, homesickness, or feeling overwhelmed, with potential access to Indigenous counsellors.
- **Student Career Centre:** Here, you can work on your resume, practice interview skills, explore job opportunities, and plan your future career path.
- **Resource for Students with learning or physical challenges:** These services offer learning assistance, including learning strategists, workshops, and tutoring.
- **Chaplaincy Services:** For those seeking religious connection, these services can guide you to local places of worship.

Explore your institution's website for additional resources, and do not hesitate to reach out to the Indigenous Coordinator for guidance. Participating in Orientation events is also a great way to discover even more services and resources.

Educational institutions resources and links:

Brandon University	https://www.brandonu.ca/
Knowledge Keepers	https://www.brandonu.ca/ipc/knowledge-keepers/
Faculty & Staff	https://www.brandonu.ca/ipc/faculty-staff/
IPC (Indigenous People's Centre) Events	https://www.brandonu.ca/ipc/ipc-events/
Academic Advisor	http://brandonu.ca/academic-advising
Student Counselor (Personal)	https://www.brandonu.ca/personal-counselling/

University College of The North (UCN)	https://www.ucn.ca/
Student Centre	https://ucn.ca/ininiwi-kiskinwamakewin-centre/
Counselling	https://ucn.ca/counsellors/
Career Planning Guide	https://ucn.ca/wil

University of Winnipeg	https://www.uwinnipeg.ca/
Counselling	https://www.uwinnipeg.ca/student-wellness/counselling.html
Health Services	https://www.uwinnipeg.ca/student-wellness/health-services.html
Peer Wellness Educator -	https://www.uwinnipeg.ca/student-wellness/health-wellness-peer-educators.html
Aboriginal Student Service Centre	https://www.uwinnipeg.ca/index/services-aboriginal
Student Mentor Program	https://www.uwinnipeg.ca/iirss/services/mentor-program.html
Academic Advising	https://www.uwinnipeg.ca/academic-advising/

Adult Learner Services	http://www.uwinnipeg.ca/index/adult-learner-services
Tips for first years	https://www.uwinnipeg.ca/student-wellness/wellness-tips/tips-for-first-year-students.html

University of Manitoba	https://umanitoba.ca/
Counselling	https://www.umanitoba.ca/student-supports/student-health-and-wellness/student-counselling-centre-scc
Student Health and Wellness	https://www.umanitoba.ca/student-supports/student-health-and-wellness-archive
Academic Supports	https://www.umanitoba.ca/student-supports/academic-supports
Indigenous Student Experience	Student experience Indigenous University of Manitoba (umanitoba.ca)

Red River College	https://www.rrc.ca/
Counselling	https://www.rrc.ca/counselling/
Indigenous Supports	https://www.rrc.ca/indigenous/supports/
Academic Advising	https://www.rrc.ca/advising/

Community Resources

Venturing beyond the campus can open a world of opportunities and resources. Whether you are searching for off-campus housing, childcare, schools for your children, or simply a good coffee spot, the wider community has much to offer.

Key Community Resources:

- **Aboriginal Friendship Centre:** These centers provide a variety of services ranging from Child and Family Services to Health Services, Cultural Support, and more. They are also excellent for networking and getting acquainted with your new city. Find a list of centers [here](#).

- **Ma Mawi Wi Chi Itata Centre**, a longstanding pillar in Winnipeg's community services, has been empowering Indigenous families for over 30 years. Translating to "we all work together to help one another," we deliver strength-based programs and services, fostering self-care capacities within the community. [Click here for Mamawi's website.](#)
- **Women's Health Clinic** -Women's Health Clinic is a feminist, non-profit community health clinic located in Winnipeg, Manitoba. Our values of choice, inclusion, social justice, innovation, and integrity are at the heart of everything they do.
<https://womenshealthclinic.org/>
- **Klinik** - Through and a wide range of education workshops and training programs, they aim to educate all members of the community about diversity, sexuality, mental health, substance abuse, dating violence, sexually transmitted infections and more. <https://klinik.mb.ca/>
- **Assembly of Manitoba Chiefs** -The Assembly of Manitoba Chiefs advocate on issues that commonly affect First Nations in Manitoba. AMC represents 62 of the 63 First Nations in Manitoba with a total of more than 151,000 First Nation citizens in the province.
<https://manitobachiefs.com/> Top of Form

Childcare and School Enrollment Guide:

Securing childcare is crucial, especially on a tight budget. Start early, placing your child on waitlists as soon as your educational plans are set. This is vital if you're considering childcare services at your PPSI, given their limited availability. Remember, being on a waitlist is typically free, and you can always withdraw if plans change.

Winnipeg Daycares

<https://childcaresearch.gov.mb.ca/>

Brandon, Manitoba Daycares

<https://vdcc.fastoche.ca/wait/>

[YMCA BrandonChild Care Centres - YMCA Brandon](#)

<https://mmlc.childcare.link/>

University of Winnipeg Daycare

[UWSA Day Care Centre | Daycare | The University of Winnipeg \(uwinnipeg.ca\)](#)

University of Manitoba Childcare

[Child care | University of Manitoba \(umanitoba.ca\)](#)

University College of The North UCN (Thompson)

info@ucn.ca

Red River College Childcare

[Child Care : RRC Polytech](#)

School Enrollment in Manitoba:

You have two main options:

1. **Public Schools:** Governed by the Province of Manitoba, offering comprehensive public education. Find districts and contacts [here](#).
2. **Independent Schools:** A private alternative, usually incurring additional costs not covered by sponsorships.

Transportation Guide for Students

Navigating your way through a new city while managing school, childcare, and work, requires a solid transportation plan. Here is a quick guide to help you weigh your options:

Public Transit:

- Ideal for full-time students as your tuition often includes a universal bus pass.
- Your student ID serves as your bus pass.
- Check local transit websites, like <https://winnipegtransit.com/> for routes and schedules.
- Brandon Public Transport <https://brandontransit.ca/routes-schedules>

Driving:

- Consider the costs of gas and high parking fees.
- Update your car insurance to reflect your new address and city; rates may vary.
- Confirm if your rental unit includes parking. Campus parking can be expensive, so check your PPSI's rates.
- For potential savings on gas, explore on-reserve gas stations at <https://www.rezgas.com/>

Navigating Culture Shock in Your Educational Journey

Understanding Culture Shock:

Culture shock is a common experience when immersing yourself in a new culture for an extended period. It is the anxiety and disorientation that come from leaving your familiar support system and adjusting to new values, beliefs, and systems.

CLEA Students' Experience:

Many CLEA students transitioning to a PPSI have felt this shock, moving from a familiar Indigenous

educational environment to being one of the few Indigenous students in large classrooms. This can lead to feeling singled out or bearing the weight of representing your entire culture.

Building Your New Community:

Overcoming this requires creating a new sense of community. Engage with Indigenous groups on campus, local Elders, drum groups, and Friendship Centres. Connect with the Indigenous Student Union/Association to find peers who can guide you. Do not forget to reach out to your neighbours as well.

Sharing Your Culture:

Remember, you also bring valuable knowledge and lessons to share in this new community. Embrace the opportunity to contribute and learn in this diverse environment.

Essential Skills for Academic Success

Adapting to Change:

Transitioning to a PPSI involves adapting to new environments and expectations. Equip yourself with vital life and study skills to navigate through these changes successfully.

Study Habits:

Utilize PPSI resources to develop effective study habits. Attend classes regularly, engage actively, and seek guidance on notetaking, time management, and organizing study groups.

Library and Computer Skills:

Familiarize yourself with the extensive resources available at PPSI libraries and computer labs. Take advantage of free courses to enhance your research and computer skills.

Writing Assignments:

Learn the specific structure and format required for your faculty. Utilize Writing Tutorials/Clinics for guidance and to strengthen your writing skills.

Public Speaking:

Develop your public speaking skills, find your unique style, and learn to manage anxiety. Reflect on each presentation to continuously improve.

Understanding Classroom Dynamics:

Observe and adapt to the unique dynamics of your new learning environment. Be aware of varying class sizes, the emphasis on critical thinking and tests, and the need for personal responsibility.

Navigating Academic Challenges:

Be proactive in addressing low grades to avoid academic probation. Understand that most curriculums are Eurocentric and be prepared with proficient writing and computer skills.

Self-Care is Paramount:

Remember, staying healthy is crucial for academic success. This journey is about your personal and educational growth. Nutritious food, plenty of sleep, physical exercise, and water every day.

Encountering Social Situations:

Prepare for scenarios like classmates asking for notes, disagreements, or experiencing racism. Your response is crucial, impacting your feelings, the situation's outcome, and interactions with others.

Kind Assertiveness is Key:

Kind Assertiveness involves expressing your thoughts and feelings openly, honestly, and respectfully. It's about finding a balance, not manipulating, or dominating others. Learn to be assertive in:

- Taking responsibility for yourself
- Resolving conflicts and finding compromises
- Saying 'no' when necessary
- Standing up for your rights
- Sharing your opinions while valuing others'

Mental Health Support:

Utilize the counseling center at your PPSI for stress, anxiety, or personal issues. They offer academic and personal support to maintain your mental well-being.

Emotional Well-being:

Build social connections and friendships. Talk to family, make new friends, and engage in social activities to adapt to your new environment. Devote time to Spiritual Balance prayer, reflection, or connecting with nature. Stay true to your beliefs and maintain a balance in your life.

Connecting with Nature:

Utilize the natural settings around your campus for physical, emotional, and spiritual renewal. Find your peace and balance amidst the busyness.

Navigating Finances for School: A Practical Guide

While budgeting might seem tedious, it's a crucial step in ensuring your financial stability throughout the school year. This guide aims to help you plan effectively, offering tips and resources to stretch your funds and manage unexpected expenses.

Creating a Budget:

A realistic budget is your survival toolkit. Consider the following:

- Housing: Decide between living alone or having a roommate.
- Monthly expenses: Allocate funds for food, childcare, phone, internet, and TV.
- Transportation: Evaluate the cost-effectiveness of driving versus public transit.
- Loan and funding timelines: Know when you will receive your student loan or Band funding.

Budgeting Resources:

Use the Government of Canada Budget Planner for a comprehensive budgeting solution. [Government of Canada Budget Planner](#)

Money-Saving Tips:

- Utilize flyers, sales, and coupons.
- Engage in campus clubs and activities inquire about student discounts.
- Explore cost-effective communication and transportation options.
- Utilize campus facilities, like the gym.
- Search used textbooks or look free online resources like this one.
<https://pressbooks.openedmb.ca/catalog/>
- **Healthcare Costs:**
Most PPSIs include Extended Health and Dental Plans in tuition fees, covering additional medical expenses.

Post-Secondary Department Guide

This section provides essential contact information for the Post-Secondary Department staff and outlines key sponsorship procedures.

Toll-Free Numbers:

- Cross Lake Administration Office: 1-800-883-6256
- Winnipeg Office: 1-800-856-5091

Telephone and Fax:

- Cross Lake Administration Office: (204) 676-2917 | Fax: (204) 676-2087
- Winnipeg Office: (204) 944-0802 | Fax: (204) 944-8204

Staff Contacts:

- Jeannie Bergsma, Student Advisor
Cell: (204) 230-9876
Email: jeannie@clea.mb.ca
- Cheyenne Halcrow, Post Secondary Clerk
Work: (204) 944-0802
Email: cheyhalcrow@clea.mb.ca
- Jacqueline M. Ross, Student Advisor
Cell: (431) 264-0493
Email: jacqueline@clea.mb.ca

- Lloyd Settee, Office/ Post Secondary Manager
Cell: (431) 277-3946
Email: lsettee@clea.mb.ca
- General Applications - applications@clea.mb.ca

Applications:

Applications for sponsorship are available on the CLEA website www.crosslakeeducation.ca or at any CLEA office, or it can be emailed to you upon request.