

# Resource for Indigenous Students in UBC Science

This resource highlights various supports and opportunities available at UBC and in Vancouver to support Indigenous students. We have collected key resources in one place as it can be overwhelming to navigate all available resources and easy-to-miss opportunities. Below is a list of the main topics explored:

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We have included website links where appropriate; we will review this resource on a yearly basis to update any broken links or new information.

In addition to this document, you can use this search engine tool created by UBC Science to find support/resources: <https://science.ubc.ca/students/resources>. Within it, you can filter for topics of interest to support your learning, experience, and well-being.

# Indigenous Student Spaces

## The First Nations House of Learning (FNHL)

The [First Nations House of Learning](#) (also referred to as "the Longhouse") is a "home away from home," as well as an academic, social, and cultural hub for Indigenous students at UBC. The FNHL organizes student services and programming including a biannual Indigenous graduation celebration event, wellness events, student meals, tutoring sessions, resource referrals, accredited counsellors, a student health nurse, academic advising, and financial advising. It's open to all self-identifying Indigenous students on campus.

## Longhouse Lunches

Connect with other Indigenous students at the Longhouse during their weekly free lunch. Keep an eye on your e-mail for what day of the week the lunches will take place each term.

## šx<sup>w</sup>ta:təχ<sup>w</sup>əm Collegium (Indigenous Students Collegium)

Check out [šx<sup>w</sup>ta:təχ<sup>w</sup>əm Collegium](#), located in the Longhouse! šx<sup>w</sup>ta:təχ<sup>w</sup>əm Collegium is a space for Indigenous students to build connections, find community, study, discover resources and opportunities, and get support from upper-year peer leaders and faculty members. Collegia amenities include:

- A bright, open space
- Kitchen facilities including an oven, microwave, refrigerator, other small appliances, dishes, and cutlery
- Facilities including a shower and lockers
- Study spaces
- Comfortable lounge chairs, sofas, a fireplace, and a TV
- Secure Wifi and plenty of outlets to charge your devices
- A social area with board games, cards, and activities

Register for šx<sup>w</sup>ta:təχ<sup>w</sup>əm Collegium [here](#).

## Indigenous Committee

The [Indigenous Committee](#) focuses on integrating Indigenous ways of knowing and being into the Alma Mater Society (AMS), as well as UBC more broadly. Contact [indigenouscommittee@ams.ubc.ca](mailto:indigenouscommittee@ams.ubc.ca) for information about Indigenous Committee meetings.

## Indigenous Student Lounge

Check out the Indigenous student lounge, located on the second floor of the AMS Nest in room 2131. This is an Indigenous-exclusive space for students to decompress, deconstruct, and make connections. There are board games, a small kitchenette, couches, a TV, and study area. Feel free to stop by for any information!

## Indian Residential School History and Dialogue Centre

Explore exhibitions, browse the collections, or attend an event and learn about the ongoing legacy of residential schools in Canada at UBC's [Residential School History and Dialogue Centre](#).

# Research & Opportunities

## Indigenous Undergraduate Research Mentorship Program (IURMP)

If you wish to gain a glimpse into the world of research, consider applying for the [Indigenous Undergraduate Research Mentorship Program](#) (IURMP). Through the program, you will be paired with a faculty member on campus, providing you with an opportunity to gain insight into the variety of research being conducted at UBC, as well as to contribute to research that interests you.

## Undergraduate Student Research Awards (USRA)

If you would like to get research experience in an academic setting, consider applying for an [Undergraduate Student Research Award](#) (USRA). Through these awards, eligible professors receive a subsidy to hire students to work on interesting research-related jobs and projects.

## Go Global

If you are interested in having an experience abroad during your time at UBC, consider applying for [Go Global](#). Go Global offers a variety of opportunities including exchange programs, summer abroad, research abroad, global seminars, and international conferences. You can also find various opportunities for Indigenous students at UBC on the [Indigenous Global Connections](#) webpage.

## CCEL Grants for Community Projects

If you have an idea for a community project, you may be eligible to get funding to make it happen. The Centre for Community Engaged Learning (CCEL) funds student-led projects that partner with BC-based community organizations. [CCEL Grants](#) provide an opportunity for you to address community priorities through projects that you design and execute.

# Academic Support & Resources

## Academic Advising

Academic Advisors are a great point of contact for all of your academic needs. If you're unsure which opportunities are the best fit for you, start by reaching out to your Indigenous Academic Advisor.

Academic Advisors can help you with:

- Course planning and degree requirements
- Applying for a minor
- Taking a term off
- Taking summer courses
- Understanding academic concession
- Confirming transfer credits
- Determining if you're eligible to graduate
- If you have a medical issue or personal problem that is affecting your academic life
- Connecting you with resources to help you cope with extenuating circumstances

You can drop in and talk with the [Academic Advisor for Indigenous students](#) (see contact details below) during their office hours or contact them directly to schedule an appointment. You can also drop in during [Science Advising hours](#) to talk with an Academic Advisor.

Salisha Old Bull  
Senior Advisor - Indigenous Students  
P: 604.827.1570  
E: [salisha.oldbull@ubc.ca](mailto:salisha.oldbull@ubc.ca)

## Tutoring at the Longhouse for Indigenous Students in Science

Indigenous students taking one or more science or math courses are eligible for subsidized tutoring. Contact Salisha Old Bull (contact details listed above), the Academic Advisor for Indigenous students in science, for the tutoring schedule.

## Science Peer Academic Coaches (SPAC)

[Science Peer Academic Coaches](#) (SPACs) are UBC Science undergraduate students who can help support you in achieving your personal academic goals through one-on-one conversations. They also run a number of events throughout the year designed to help with student learning.

## Center for Accessibility (CFA)

The [Centre for Accessibility](#) (CFA) facilitates disability-related accommodations and programming initiatives designed to help remove barriers for students with disabilities and ongoing medical conditions.

### **Of note – Accommodations for Indigenous Students**

The CFA has an Indigenous initiatives team that works to reduce barriers for Indigenous students with disabilities and ongoing health conditions. If you want to learn more about registering with the CFA and the supports available, you can either email the team directly at [Indigenous.accessibility@ubc.ca](mailto:Indigenous.accessibility@ubc.ca), ask your academic advisor for a referral to the team, or attend a drop-in appointment with one of the advisors at the First Nations House of Learning on Thursdays from 10-1 pm.

### **Xwi7xwa Library**

If you are working on an Indigenous topic, be sure to visit [Xwi7xwa \(pronounced whei-wha\) Library](#), located adjacent to the Longhouse. This UBC library branch specializes in Indigenous collections and research and the librarians on staff can help you locate materials you might not otherwise find. They can help you find resources for your papers, locate Indigenous novels, films, music, or children's books, and more!

# Job Opportunities & Experiences

## Overview of UBC Careers & Experiences

You can broadly explore work and leadership opportunities on the [UBC Experiences](#) webpage. In order to browse what on/off-campus job opportunities are available, [log in to CareersOnline](#) with your CWL.

## Overview of UBC Science Careers & Experiences

You can also review the [UBC Science Careers & Experience](#) webpage designed specifically for UBC Science students or the [What can I do with my Science degree?](#) webpage.

## UBC Science Co-op

The [Co-op](#) program integrates students' academic education (classroom-based learning) with relevant, supervised, and paid work experience (work-based learning). Through Co-op, students alternate between academic terms and paid work terms, enabling them to enrich their educational experiences and gain valuable professional work experience for future career preparation.

UBC Science Co-op placements are typically held in three annual work terms: Fall (Sept-Dec), Winter (Jan-Apr) and Summer (May-Aug). To find out what field-specific Co-op opportunities exist, visit the [UBC Science Co-op](#) webpage for prospective students. You can also check out [How Does Co-op Work?](#) for more information on UBC Science Co-op.

## Work Learn

UBC's [Work Learn](#) program provides an opportunity to develop your professional skills, apply your disciplinary knowledge, and expand your professional and peer networks with paid part-time positions (10-20 hours/week) that work with your class schedule. Work Learn positions are generally posted on [CareersOnline](#) in March for summer roles and in August for winter roles.

## CEDAR Program

[CEDAR](#), which stands for Cross-cultural Education through Demonstration, Activity and Recreation is a program established to provide fun learning opportunities, in a culturally relevant context, in order for Indigenous youth develop a comfortable relationship with the UBC Campus, Faculty, and the UBC Indigenous community. The program runs camps, workshops, and mentorship programs and are often looking for undergraduate and graduate Indigenous students in STEM to further support the programming.

## Community-Based Work Learn

There are also [off-campus Work Learn positions](#) that are exclusively available to students who identify as Indigenous or as a person with a disability.

## SCI Team Career & Experience Events and Resources

The [SCI Team](#) is a group of UBC Science undergraduate students who organize events and create resources to help you get involved with research opportunities, understand career options available with a BSc, and connect with volunteer or job opportunities.

## UBC Career Centre

The [UBC Career Centre](#) organizes events, workshops, and programs to help you learn about what UBC work and volunteer opportunities exist and to provide support with job applications, career-building, networking, and more.

### **Of note – Connect with a Career Advisor**

Career Advisors are professional UBC staff who can assist you with job search strategies, career exploration, resume reviews, mock interviews, grad school exploration, and any general career-related questions you may have. To connect with a Career Advisor:

1. [Log in to CareersOnline](#) with your CWL.
2. Select “Advising” in the top menu.
3. Choose “Book New Appointment.”
4. If you have a specific date, time, advising topic, or advisor you’d like to meet, fill out the fields. Otherwise, leave the fields empty and click “Check availability.”
5. Select your preferred appointment time and complete the information requested.

### **Of note – Career Events and Workshops**

The Career Centre offers a number of [career events and workshops](#) to support you as you take steps toward your personal and professional goals. To browse and register for career events or workshops, [log in to CareersOnline](#) and select "Events" from the left sidebar. You can also browse the full list of upcoming events and workshops through the [UBC Events Calendar](#).

## Career Resources for Students from Historically Marginalized Communities

To learn about what specific career navigation resources are available to students who are part of a marginalized group, visit the [Career Resources for Students from Historically Marginalized Communities](#) webpage.

These groups include but are not limited to:

- Indigenous Peoples
- Women
- People of colour
- People with disabilities, including invisible disabilities, such as neurodivergence, chronic illness and mental illness
- Members of LGBTQ+ communities, including queer, transgender, non-binary, and gender-variant individuals

# Get Involved

## UBC AISES

[UBC AISES](#) provides Indigenous post-secondary STEM students and Indigenous STEM professionals the chance to network, serve the community, and engage in professional development opportunities both in the Lower Mainland and throughout North America.

## Science Peer Academic Coaches (SPAC)

The [Science Peer Academic Coaches](#) (SPACs) are a group of dedicated UBC Science students who provide academic support to their peers through one-on-one conversations. If you are interested in becoming a SPAC apply [here](#).

## SCI Team

The [SCI Team](#) is a group of UBC Science students that develop resources and events to help support other science students' career and professional development. If you are interested in becoming a SCI Team member apply [here](#).

## UBC Sustainability

Find out how you can get involved in creating a vibrant and sustainable community at UBC by checking out the [UBC Sustainability](#) webpage.

## UBC Recreation

Discover what physical recreation opportunities are available to you through [UBC Recreation](#). They offer a wide range of activities, from exercise classes to intramural sports and instruction. Why not try something new?



# Financial Support

## Financial Advising – Enrolment Services Advisors

[Enrolment Services Advisors](#) are your primary resource for financial planning while you're at UBC. They can work with you to create a financial plan based on your individual circumstances and provide guidance on awards, scholarships, sponsorship, bursaries, and loan or grant opportunities to make sure you have what you need to thrive at UBC.

You can find the contact details for your Enrolment Services Advisor on the [Student Service Centre](#) (SSC) by selecting "UBC Contacts" under "Personal Info."

## Emergency Situations

If you find yourself in a financial emergency, or if you encounter an essential expense that you have not budgeted for, you may be eligible for [short-term emergency funding](#). Contact your assigned Enrolment Services Advisor or the Enrolment Services' Indigenous Student Support Team ([es.indigenous@ubc.ca](mailto:es.indigenous@ubc.ca)) right away to discuss available options.

## Financial Support for Indigenous Students

As an Indigenous student, you can request funds from several funding sources, depending on your situation. Here's a list that could apply to you:

- Band or community sponsorship
- Government student loans and grants
- UBC scholarships and bursaries
- External scholarships and bursaries

Visit the [Financial Support for Indigenous Students](#) webpage to find out more.

## Calculating your Expenses at UBC

To help calculate your expenses at UBC, you can follow the [UBC financial planning guide](#) or use the online [first-year cost calculator](#).

## Food Bank - AMS of UBC

The [AMS Food Bank](#) is a food relief service for UBC students in need. See their website for information related to the location of the food bank, how you can use it, and additional resources about affordable meals on and off campus.

## Former Youth in Care Waiver Programs

If you have been a youth in care within BC, you may be eligible for funding through the [UBC Post-Care Tuition Waiver Program or the BC Provincial Tuition Waiver Program](#).

# Wellbeing & Mental Health Resources

## Overview of UBC Health and Wellbeing Resources

For an overview of the health and wellbeing resources, supports, and services available to UBC students, you can visit the [UBC Health and Wellbeing](#) webpage.

## 24/7 Crisis Support

### Crisis Centre of BC

If you or someone you know is in crisis or at risk of harm, reach out to the [Crisis Centre of BC](#) for immediate support. Crisis responders are available 24/7 via phone or online chat.

P: 604-872-3311 (Metro Vancouver) or 1-800-784-2433 (BC-wide)

## Emergency Services

Call 911 or visit your nearest emergency room if you or someone else is in immediate danger, or at risk of harming yourself or others.

## UBC Medical Care

### UBC Hospital Urgent Care

For immediate care, visit the [UBC Hospital Urgent Care Centre](#), open from 8 am to 8 pm, seven days a week.

### UBC Student Health Service Clinic

To consult a family physician, specialist, or nurse, you can book an appointment at the [UBC Student Health Service Clinic](#), located in the UBC Hospital. Phone, video, and in-person appointments are available to all students currently residing in BC.

### Nurse on Campus

Registered nurses from UBC Student Health Service are available at weekly booths across campus to answer any questions you may have related to your physical, mental, emotional, or social well-being. Booth locations and times are listed on the [Nurse on Campus](#) webpage.

## Online Resources and Self-Help Tools

### HealthLink BC

To check physical health symptoms, explore health topics, or speak with a healthcare professional, call 811 or visit the [HealthLink BC](#) webpage.

### Medimap

[Medimap](#) allows you to conveniently search for local walk-in clinics and other healthcare clinics, check their wait times, and even book an appointment in advance.

MindHealth BC

Visit [MindHealth BC](#) to take an online mental health assessment and find resources to support your mental health.

Therapy Assistance Online (TAO)

To manage your well-being and access tools for stress, relationship problems, substance use challenges, and more, [sign up for a Therapy Assistance Online \(TAO\) account](#) using your UBC email.

## Counselling Services for UBC Students

UBC Counselling Services

[UBC Counselling Services](#) serves as a primary point of contact for students seeking mental health support. Contact them via phone to schedule a virtual or in-person appointment.

- 604-822-3811
- Hours:
- Monday, Tuesday, Friday 8:30 am-4:30 pm
- Wednesday 8:30 am-6:00 pm
- Thursday 10:30 am-4:30 pm

Counsellor in Residence

If you are living in on-campus housing, you can also book an appointment with one of UBC's [Counsellors in Residence](#).

UBC Student Assistance Program (SAP)

The [UBC Student Assistance Program \(SAP\)](#) is a free, 24/7 wellness support service for students. Services include counselling, life coaching, group programs, and more.

- 604-757-9734

Here2Talk

[Here2Talk](#) offers free, 24/7 counselling via phone or online chat for all UBC students.

- 604-642-5212

## Indigenous-Specific Counselling Services (24/7 Crisis Support)

Hope for Wellness Helpline

The [Hope for Wellness Helpline](#) provides mental health support as well as counselling and crisis intervention services via phone or online chat, available to all Indigenous Peoples across Canada.

- 1-855-242-3310

### Indian Residential School Survivors Society (IRSSS) Crisis Line

The [Indian Residential School Survivors Society](#) (IRSSS) provides counselling services as well as cultural and emotional support to Residential School Survivors, their families, and individuals dealing with intergenerational trauma in BC.

- 1-800-721-0066

### KUU-US Crisis Line Society

The [KUU-US Crisis Line Society](#) provides crisis services to Indigenous Peoples in BC through education, prevention, and intervention programs.

- 250-723-4050 (adults/elders)
- 250-723-2040 (children/youth)
- 1-800-588-8717 (toll-free)
- 1-833-638-4722 (Métis line)

## Other Culturally-Safe Supports

### FNHA First Nations Virtual Doctor of the Day

The FNHA's [First Nations Virtual Doctor of the Day](#) program provides virtual health care and referral support for individuals with limited or no access to a doctor or who are unable to get an appointment. This service is available to all Indigenous Peoples living in BC and their family members, even if those family members are not Indigenous.

- 1-855-344-3800
- Hours: 8:30 am-4:30 pm (daily)

### FNHA First Nations Virtual Substance Use and Psychiatry Service

The FNHA's [First Nations Virtual Substance Use and Psychiatry Service](#) provides individuals with access to specialists in addictions medicine and psychiatry as well as mental health and wellness care coordinators. This service is available to all Indigenous Peoples living in BC and their family members, even if those family members are not Indigenous. Please note that this is a referral-based service. Referrals from trusted health and wellness providers, Knowledge Keepers, and Elders are welcomed. The First Nations Virtual Doctor of the Day Service (see above) provides referral support for anyone who does not have a provider.

## Health Insurance

UBC requires that all students have basic and extended [health insurance](#) for the duration of their studies.

### Extended Health Insurance

All UBC students registered in classes are automatically enrolled in the [AMS/GSS Health and Dental Plan](#). Extended health insurance covers some fees and services which are not covered by basic health insurance, such as [up to 80% of the cost of eligible prescription medicine](#), [dental care](#), [vision care](#), [psychologist visits](#), and [travel insurance](#).

### Health Insurance for Indigenous Students

The First Nations Health Authority (FNHA) covers the basic BC Medical Services Plan (MSP) and other extended health insurance coverage for Indigenous students. For more information, visit the [Health Insurance for Indigenous Students](#) webpage.

### Health Insurance for International Students

If you are a new-to-UBC international student, you will be automatically enrolled in iMED health insurance for your initial 3 months in Canada and must [apply for the BC Medical Services Plan \(MSP\)](#) as soon as you arrive. For more information, visit the [Health Insurance for International Students](#) webpage.

## Services Covered by First Nations Health Benefits

### FNHA Health Benefits Program

The [FNHA Health Benefits Program](#) provides status First Nations people living in BC with a comprehensive and community-driven health benefits plan.

Please note that many [mental health and wellness counselling providers](#) are registered to bill FNHA Health Benefits directly for services. Before booking an appointment with a counsellor, call FNHA Health Benefits or check the [provider list](#) to verify if they are registered and if the service is eligible for coverage.

- 1-855-550-5454

### Indian Residential Schools Resolution Health Support Program

The [Indian Residential Schools Resolution Health Support Program](#) provides cultural and emotional support services as well as mental health counselling services to survivors of Indian Residential Schools and the families of former students.

### Missing and Murdered Indigenous Women and Girls Health Support Services

Indigenous Services Canada (ISC) covers [counselling and cultural support services](#) for survivors, family members, and those affected by the issue of missing and murdered Indigenous women and girls.

- 1-844-413-6649 (24/7 support line)