

Métis Nation of Ontario

TRANSITION TO POST-SECONDARY EDUCATION

Resource Guide

Métis Nation
of Ontario ∞

TABLE OF CONTENTS

PSE Team Message	3
Questions to Ask at a School Fair	4
School Questionnaire	6
How to Choose Your Program	7
Self-Awareness Skills	8
What to take to Post-Secondary	10
Renting Information - Nine Things to Consider.....	12
Making a Budget	14
Budget Worksheet.....	16
Métis Nation of Ontario Supports.....	19
Additional Resources	22



Transition to Post-Secondary Education:

RESOURCE GUIDE

The intent of this booklet is to provide a valuable resource for your future scholastic endeavors. We believe the contents will be relevant as you navigate your way toward Post-Secondary education. Your future education and training can open doors to better jobs, exciting careers and higher earnings. But most importantly, your future education can help you find a job that you love. College or university is a major investment in time, money and effort. Take your time and research your options.

Please use the enclosed information to help you choose the school that best fits the student that you are. Using the self-awareness skills questions will define who you are as a student, which will enable you to make your plans with confidence.

Post-secondary education decisions can be tough. People usually have many questions when they are thinking about entering a post-secondary educational institution, and most occupations require further training and education. This may seem overwhelming when you first think about it. It is important to start thinking about your options early. To keep your student debt as small as possible, you should look carefully at your financial resources. Part-time earnings from a job, scholarships and savings will reduce how much you may need to borrow. Use the enclosed budget sections to realistically identify the state of your finances, and to manage your money effectively.

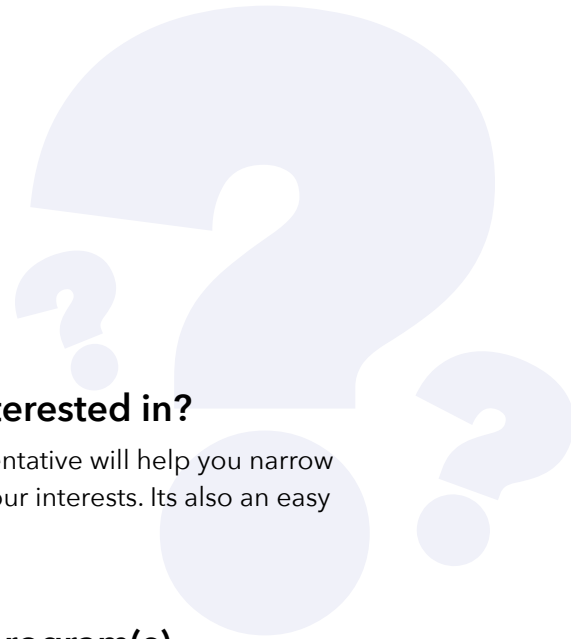
Finally, remember you are not alone. The MNO has a wealth of supports and programs to help you find success as you navigate your way through this important transition in your life. If you have any questions or need any support please email us at PSEsupport@metisnation.org

Sincerely,

The PSE Team

Making a Plan:

THINGS TO CONSIDER



What programs exist for the areas that I am interested in?

This is a great question to begin your conversation, as the representative will help you narrow down your search by suggesting programs that specifically suit your interests. Its also an easy way to eliminate schools that don't offer what you're looking for.

What are the admission requirements for my program(s) of interest?

By learning about the admission requirements early on, you are able to ensure that you will meet them all when its time to apply. It will also help to know whether there are extra admission requirements beyond classes and grades such as volunteer or extra curricular experience.

How do I apply for residence? Are meal plans included?

Every school differs in the way students apply for a place in residence and how residence spots are assigned. On-campus residence is a great option for many students moving away from home for the first time, as it will give you access to many resources on campus while connecting with other first year students.

What kinds of Financial Aid opportunities do you offer?

Schools will offer several options for students seeking financial aid, ranging from payment plan options, scholarships and bursaries to work-study programs. Knowing these options early on so you can plan accordingly.

What are the first-year class sizes like in my area of programming?

By knowing what to expect in your first year, you remove the shock of stepping into a massive lecture hall or small group tutorial. Knowing class sizes also helps you to understand if the school is a good fit for you.



What job opportunities exist for students who graduate from my program(s) of interest?

Asking this question will allow you to think ahead and understand how your program(s) fit into the industry. Knowing the job and employment prospects in your field of study can assist you in making a more informed decision.

What is the cost of the program?

By knowing the cost associated with your chosen program, will allow you to plan and budget. Also, this will give you a realistic idea of the amount of money you will need for your program for the full year. Consider travel costs when comparing schools as well.

How do I feel about the location of the school?

Do you see yourself attending school in an urban environment with lots to do? Or do you prefer a close-knit campus feel in a suburban or rural setting? Cost can also vary by location. Choosing a school close to family or community supports can ease the transition for many students and improve academic performance.

Is there an office for Indigenous Student Support?

This is an essential question to ask as such organizations can provide many avenues of support to Indigenous students. Indigenous Centres often provide access to cultural activities, peer mentoring, tutoring, bursaries and other specialized student supports you may need throughout your university career.

What clubs, teams and other extra-curricular activities are offered?

Most colleges and universities offer several clubs and groups to help students to get involved with something they are passionate about outside of their academic studies. Engaging with peers, finding new interests and possibly making life long friends is part of the university 'experience'.

Use the following pages when you visit the Virtual School Fair to take notes about the schools you visit. It is useful to be able to compare schools based on common questions to help narrow down your choice of where to apply to school.

SCHOOL INFORMATION QUESTIONNAIRE

POST-SECONDARY INSTITUTE

Circle: 1st choice 2nd choice 3rd choice

(These questions are designed to help you organize information from schools you may be interested in and can be used to help you prioritize school choices.)

- 1 What are the admission requirements? Do they vary by program?
- 2 How do I apply to Residence?
- 3 Is there a financial aid office/bursary? How do I apply for these supports, and what is the typical amount of these awards?
- 4 What is the average class size for 1st year programs?
- 5 What is the cost of the program? And what is included with these costs? (Transit passes, Student Union fees? Athletic Centre? Lab fees?)
- 6 Is there an Indigenous Support Office?
And if so, how do I connect with this support?
- 7 Is there Wi-Fi in the classroom?
- 8 What supports and services are available to students? (Tutoring, mental health, etc.)
- 9 What is student life like at school? (clubs, athletics, meal plans)

How to Choose YOUR PROGRAM

With hundreds of options available, it's difficult to choose a university program that fits all your requirements. Your research in this area is important to help you narrow down what you are looking for in a program, and eventually in a career. Remember your choice is not set in stone. The whole reason for a university education is to experience new ways of thinking about the world.

Choosing a Program?

- Talk to faculty, friends, family, other students about their careers and 'major' choices.
- Evaluate your skills. How well do they match your interests? Narrow down your choices by doing research in different areas.
- If you are undecided but know that you want Liberal Arts or Humanities (English, History, Philosophy, etc.) you may want to apply to a broad program and use your electives to narrow your course plan down as you discover what you enjoy.
- If you know that you want to be in Science but are unsure which specific major, you may want to use your first-year electives to try out your options to help figure it out.
- If you are not sure whether to apply for a 3-year Bachelor or 4-year Honours Bachelor program, it may be best to apply for the 4-year Honours program as you can always go down, but may not have the right courses to be able to switch up.
- If you are looking for a program that will allow you to enter directly into a specific career after graduation, some Professional programs including Engineering, Social Work, Nursing and Education could allow you to do so.

What is a Program Major?

- A major is a concentration of courses that will focus and shape your academic, intellectual and developmental experiences.
- A major should interest and excite you, and motivate you to learn more.
- A major will be one third to three quarters of your total course work depending on which major you choose.
- A major is only one piece of the educational puzzle.
- A major does not necessarily define your career path.

Does My Major Decide My Profession?

Sometimes. For example, if you are entering into Nursing, Education, Social Work or Engineering, you can be eligible for entry directly into a profession. If instead you are a Sociology major for example, you are being prepared for a wide range of career options that require the analytical, critical-thinking and communication skills you'll develop by earning a Sociology degree. By doing research, and finding out the educational backgrounds of people working in the careers you are considering, you will have clues on how to shape your educational pursuits.

Self-Awareness

SKILLS

How well do you know your strengths and vulnerabilities? To really be ready for university, students need to be able to acknowledge them to best manage their health, study habits and more. To increase your self-awareness, try answering the following questions:

- Do you know which subjects are the most difficult for you?
- Can you tell when you're struggling enough with a course to need assistance?
- What time of day are you best able to study and learn?
- When you're in stressful situations, how do you normally respond? Do you tackle problems head on? Do you tend to withdraw and isolate yourself? Do you reach out to others for support? Or something else?
- Have you suffered from depression, anxiety, eating disorders, or any form of addictions? If so, what are your 'red flags' of these struggles, and what are your 'go to' techniques for recovering from these setbacks?
- How do you react to disagreement or conflict? Do you tend to withdraw from the situation, 'freeze,' become more aggressive, or experience some other reaction?
- What are the qualities you look for in a friend?
- How will you ensure that your intimate relationships are safe and healthy?
- Can you tell when you need medical attention?

Self-Advocacy Skills

How well can you speak up and reach out for assistance when needed? There are some problems a student can't (and shouldn't) face alone, and that's why universities have student support offices.

Can you answer yes to all of the following?

- Are you comfortable approaching an instructor to ask a question about course content or assignments?
- Will you maintain regular appointments with your academic advisor to discuss your interests and course preferences?
- Would you take the initiative to sign up for tutoring if you were having difficulty in a class?
- Are you willing to approach instructors or visit the career center to inquire about jobs, internships, research opportunities or other hands-on experience?
- Do you know how to participate in productive discussions with your roommate(s) about topics such as cleanliness and quiet times?
- Would you be willing to contact the counselling center if you were feeling overwhelmed?

Self-Management

How well can you regulate your actions and reactions? Time-management is more important than ever because at university, your parents won't be there to tell you to do your homework or to boost your morale if you are frustrated. To understand your self-management abilities, consider these questions:

- Can you get yourself up and ready for morning classes?
- Do you go to bed at a reasonable time to ensure that you get enough sleep to lean to the best of your ability? (In university, you may need to do this despite temptations of social activities)
- If you have a whole day free, will you plan your time productively?
- Can you keep track of your assignments and consistently turn them in on time? (Your professors will provide a syllabus at the beginning of the semester, but may not be able to provide reminders for when papers and projects are due. It will be up to you to keep track of your deadlines.
- Will you start assignments early so you don't have to cram at the last minute? (The amount of reading in post-secondary education is much greater and the projects are often bigger, so its important that you plan wisely.)
- Can you safely manage any potential use of alcohol, drugs and entertainment without sacrificing your schoolwork and social life? (Remember that no one is legally allowed to drink alcohol or use cannabis in Ontario until they are 19 years old.)
- If you have a medical condition, can you take medication, get refills and take other necessary measures (e.g. following a special diet) without supervision?
- Will you eat regular, healthy meals to maintain a healthy body without parental oversight?
- Will you maintain your personal hygiene and do your laundry without being told?
- Can you live cooperatively with someone? (i.e. managing your side of the dorm room in a way that's acceptable to your roommate)
- Can you manage money responsibly, saving as needed for bills and expenses? If not, do you have a plan to help you manage this skill?
- Can you control your emotional responses if things don't go your way?

Analyzing Yourself and Your Options

As you look through these lists, give yourself credit for the skills you've already mastered. You're that much closer to being a successful post-secondary student. But chances are you didn't check off all these items. What should you do about the skills you have yet to acquire?

Option 1: Work on these skills during high school

Use the time you have left before university to your advantage. If you don't know how to work on some of these areas, ask your parents, your school counselors, or a trusted teacher. A mental health professional, such as a psychologist or social worker can help with some of your emotional skills, while an academic or executive function coach can help with areas such as time management. Of course, there are also many helpful apps, videos, and articles available online topics such as personal finance, communication, and study skills.

Option 2: Hone these skills in university

If you're mostly ready for university but still struggle in a few areas, consider seeking out universities with specialized programs. Some schools have academic support program where you can meet with a coach or mentor weekly to improve your study skills and ensure that you complete all your assignments on time. Almost all universities have peer tutors, mental health counselors, career counselors and academic advisors for students to consult as needed.

What to take to Post-Secondary

CHECKLIST

Documents:

- Driver's license/government identification
- Resume and Reference
- Banking details
- Health Care Provider details
- Student Card and other university documents

Studying/Electrical:

- Desk lamp
- Bulletin Board with push pins
- White board with dry erase marker
- Day planner, calendar
- Pens, pencils, math set
- Scissors, tape, stapler
- Hole punch, paperclips, sticky notes
- Computer/laptop/tablet
- HDMI cable, USB drive, network cables
- Headphones, cell phone, charger, alarm clock

Outdoor:

- Sports gear i.e. football, frisbee, swimwear, skates, etc.
- Bike
- Rain gear/Winter gear

Healthcare

- Vitamins, prescription medications
- Basic first aid kit including antiseptic wipes, bandages
- Cold/flu remedy, allergy pills
- Cold/Hot pack
- Contact lenses/glasses

Bathroom

- Bath and hand towels, bath mat
- Shower supplies
- Toilet Paper, tissues
- Toothbrush & toothpaste
- Toiletries including hygiene items, hair care, nail care



Housekeeping

- Laundry bag
- Laundry soap, fabric softener
- Drying rack
- Coat hangers
- Broom & dust pan, duster
- Cleaning products
- Flashlight
- Small sewing kit

Leisure/Style

- Board games/playing cards
- Posters, pictures, photos, décor items
- Plants
- Fan

Bedding

- Sheets and blankets
- Pillows with pillow cases
- Mattress cover

Kitchen

Many of the kitchen items will depend on whether you enroll in the meal plan or if you're planning on cooking for yourself

- Mugs and glasses, coffee 'go cup', water bottle
- Cutlery, plates, bowls
- Small frying pan, 1 small and 1 large saucepan/pot
- Can opener, scissors, vegetable peeler, cheese grater
- Chopping knife, cutting board
- Wooden spoon, spatula
- Pantry ingredients -e.g. coffee, tea, milk, sugar, spices, cooking oil, etc.
- Sandwich bags, tinfoil, plastic wrap, Tupperware
- Oven glove
- Dish soap, dish cloth, tea towels



Renting Off Campus

9 THINGS YOU NEED TO KNOW

What is the accommodation like?

Whether you are being shown around in person or virtually, you will probably get an immediate feeling about how well a particular space will work for you.

There are several regulations to make sure you are well-protected if you sign up for either university-provided or private student accommodation, but when dealing with private landlords, it's well worth checking everything over very thoroughly. Whichever style of student housing you choose, you need to take the time to consider what is right for you.

Ask if you can record your tour on your phone -this will allow you to look more carefully at the apartment later, and remind you of the floor plan. This can also be helpful if some housemates can't attend the tour. If you get a bad feeling about an accommodation, walk away, no matter how persuasive the person showing you the property is.

What will you be paying for?

Be sure to understand what is included in the rental price before agreeing to a contract. Are you paying for rent only or is electricity included? What about water, and other utilities like natural gas/oil for heating and cooling? Is Internet included?

Also, if you are sharing with roommates, you'll want to make sure the things you pay for are shared fairly. If you know and trust your roommates, perhaps you can agree on an even split. But, if one person uses a lot more electricity or internet than everyone else, you may be responsible for paying a much higher bill than you expected.

What do people say about the area?

If you don't know the area, ask friends and other students about the area where the accommodation is located. Is it a safe area? Are there good public transportation connections? How long will it take you to travel to campus? What are the shops and entertainment like nearby?

What is the area like at night? Properties are usually viewed during the daytime when everything is bright and cheery. But some places take on a different mood once the sun goes down. Is there good lighting? Is it a quiet evening location conducive to studying?

Do you know what your lease agreement says?

Ontario has a standard lease agreement that can be found at [ontario.ca/page/guide-ontarios-standard-lease](https://www.ontario.ca/page/guide-ontarios-standard-lease)

When you've agreed to sign a lease, go around the apartment and take photos of light fixtures, appliances, banisters and any furniture or moveable things that may be included such as a vacuum cleaner or microwave. Make sure the photos are time stamped. That way, if there is any question of items being damaged, you'll have proof of the condition of the items and space when you moved in. Be sure to confirm you understand the terms of your agreement.

Do you know your rights?

When you rent a property, as a tenant you have a list of rights that the landlord can't legally overrule. You also have responsibilities that could lead you to breach your contract if you don't follow them. Each province has their own set of Landlord and Tenant laws. You can find the Ontario laws here: tribunalsontario.ca/lrb/contact

Is it furnished?

Sometimes accommodation that's advertised as 'furnished' might only have the bare necessities or old, well-used items. Other times it could be like a home away from home. There's a good chance that when you're viewing a property, the previous tenants won't have moved out yet, so it might be full of lovely, tasteful furniture that will not remain in the space. Make sure you know what is included.

What if someone moves out?

It is important to understand the difference between joint and single contracts. If you're renting with a group of friends, what happens if one of them leaves? This does happen - people move in with the best of intentions, but finances can change, people can fall ill, or choose to move in with a significant other, or drop out of school...any number of things can happen.

Individual contracts would protect you from having to pay a portion of that person's rent until a new person could be found to move in, but if you're renting a whole house, it's unlikely the landlord would let several tenants have individual rent contracts.

What can I expect from sharing a kitchen and bathroom?

If you've never shared a kitchen or bathroom with a group of peers, your first experience in shared accommodation could be interesting. It can be best to set some ground rules from the start.

You may want to consider a shower schedule for those busy mornings or weekend evenings. Agreeing to be respectful of everyone's wish to have hot water, toilet paper on the roll, and a clean bathroom to use will be important. Decide as a group about cleaning schedules and who has to buy the communal supplies right at the start to avoid conflict.

As for the kitchen, as you get to know your roommates better, you could end up sharing cooking responsibilities, or everyone may prefer to cook and clean up after themselves. Decisions about how much fridge space everyone is entitled to should be made early on, as well as freezer and cupboard space. Budgeting for dish soap, loading and unloading the dishwasher and dealing with pots and pans are all important pieces to discuss as a group from the beginning.

Tips for keeping your student room clean and tidy

By doing basic cleaning bit by bit, managing your belongings and space won't turn into a huge task. If you are someone who struggles with keeping on top of tidying up, why not make yourself a schedule?

By putting everything away each night, you save yourself from creating a big task. Don't leave clothing lying around on the floor or your bed - put it in your laundry basket or hang clean things back in your closet. Find a spot where school supplies go, and how to organize your workspace. You'll sleep better in a tidy space and feel good about being organized!



Making a BUDGET

Why should you create a budget?

A budget is a plan that helps you manage your money. It helps you figure out how much money you need to save, and how much you can comfortably spend. Making a budget can help you balance your income with your savings and expenses. It guides your spending to help you reach your financial goals.

A budget is especially important if you:

- Are not sure where your money is going
- Don't save regularly
- Have problems paying off your debts
- Feel overwhelmed by your finances
- Feel like you're not in control of your finances
- Want to make the most of your money
- Are planning for a major purchase or life event

Making a Budget can help you:

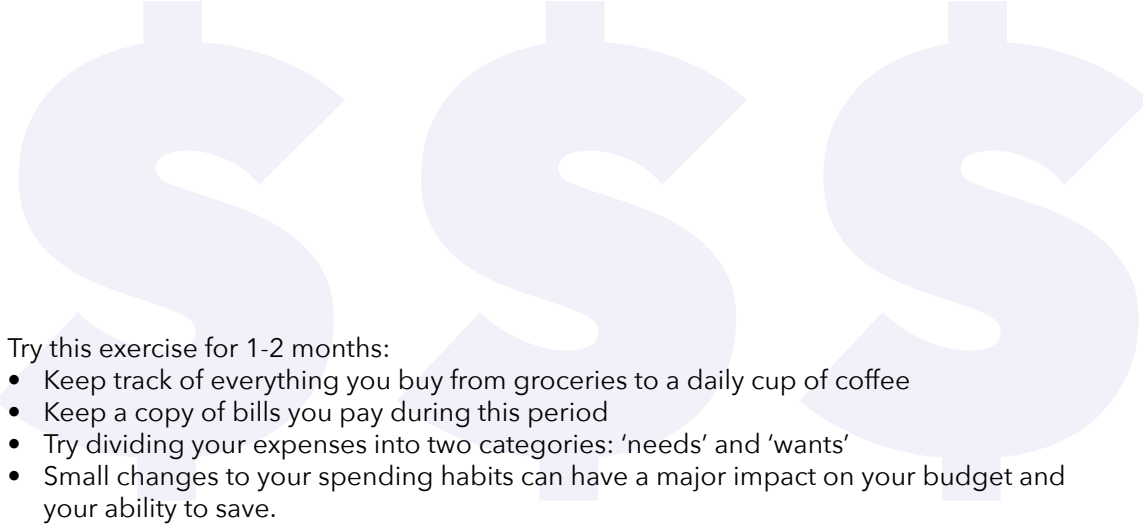
- Set spending limits
- Find ways to pay down your debts
- Reduce costs and save more
- Live within your means
- Reduce stress and feel in control of your money
- Have more money for things that are important to you

When thinking about making a budget, consider your financial goals. Identify your short- and long-term goals. Make saving for those goals part of your budget. Short-term goals may include paying off your credit card or reducing your weekly expenses, or starting to build an emergency fund. Long-term goals can include paying off all of your debts, saving to buy a car or home or a special trip.

Saving can be difficult when you are a full-time student. However, tracking the money you do have and where you spend it can make a huge difference in your finances.

Where to start? Know where your money is going

Tracking your money will help you figure out what comes in and what goes out of your pocket. Every dollar you spend affects your overall budget. For example, if you spend \$2.50 a day on coffee, it will cost you more than \$900 a year. To keep track of where your money is going, take note of what you spend.



Try this exercise for 1-2 months:

- Keep track of everything you buy from groceries to a daily cup of coffee
- Keep a copy of bills you pay during this period
- Try dividing your expenses into two categories: 'needs' and 'wants'
- Small changes to your spending habits can have a major impact on your budget and your ability to save.

Knowing the difference between your needs and your wants is a key to making a smart budget.

- A "need" is something that is necessary, required or essential. For example, a roof over your head, clothing, food or medication.
- A "want" is something that you'd like, but don't necessarily need. For example, meals at a restaurant, a trip, a gym membership, or designer shoes.

Needs and wants are not the same for everyone. One person's "want" may be another person's "need". For example, if you live near a bus route, a car may be a want rather than a need. However, if you don't have access to public transit and are unable to cycle to work, you may need a car. Your needs and wants may also change over time. Once you've figured out your needs and wants, you are ready to start your budget.

How to make a budget

In order to make a useful budget, you need an effective tool that is easy to use. The budget planner provided is a tool that allows you to create a personalized budget and includes possible spending areas you may have. There are several templates available online as well. Its worth it to find the one that will work best for you!

Tips to help you stick to your budget

- Keep your receipts and bills.
- Limit your spending as much as possible to what is in your budget.
- Update your budget with any changes, for example, a pay raise or bill increases.
- Compare your budget to what you actually spend at the end of each month.
- Evaluate your budget from time to time. If your actual spending often varies from your budget, readjust your figures to make it more realistic. Focus on categories that have the largest differences.
- Build in a little 'mad money' to help you feel motivated to stay on track with the rest.
- Review your budget regularly.

Student Budget Worksheet

Print the worksheet on the following page and fill out the expenses and income section to see if you have a realistic budget.

Multiply the monthly amounts by the number of months you'll have the expense to get a yearly amount for each category. For example, if you pay \$500 in rent for 8 months and move home for the other 4 months of the year, you'll pay \$4000.00 in rent that year. If your expenses are greater than your income, start looking at ways to save.

STUDENT BUDGET WORKSHEET		
Education Expenses	Amount (\$) per year	
Tuition		
Fees (lab, library, etc.) if not included		
Books		
Computer/laptop/tablet		
Other course materials		
Other		
Housing	\$ per month	\$ per year
Rent/mortgage payments		
Residence fees		
Utilities (hydro, gas, electricity, etc.)		
Home/tenant insurance		
Other		
Communications	\$ per month	\$ per year
Internet		
Cell phone		
Cable		
Other		
Food	\$ per month	\$ per year
Groceries		
Meal Plan		
Take-out/order in		
Coffee/tea/snacks		
Other		
Transportation	\$ per month	\$ per year
Public transit		
Parking		

Gas		
Car payments (loan/lease)		
Car maintenance and repairs		
Holiday travel (visit family, etc.)		
Taxi/Uber		
Other		
Clothing	\$ per month	\$ per year
Clothes		
Shoes		
Accessories		
Other		
Miscellaneous	\$ per month	\$ per year
Recreation (sports, gym, etc.)		
Entertainment (movies, outings, etc.)		
Personal care (haircuts, beauty products)		
Laundry		
Vacation		
Gifts		
House supplies		
Socializing Expenses		
Other		
Savings	\$ per month	\$ per year
Emergency fund		
Other savings		
Debt repayment	\$ per month	\$ per year
Credit card		
Line of credit		
Personal loan		
Other		
Total yearly expenses		\$

ANNUAL INCOME (SOURCES OF MONEY)	
Sources	Amount (\$)
Registered Education Savings Plan	
Part-time work	
Tips	
Scholarships, grants and bursaries	
Other personal savings	
Family contributions	
Student loans	
Gifts	
Other	
Total yearly income	\$
Balance	Amount (\$)
Total yearly expenses	
Total yearly income	
Difference:	

Métis Nation of Ontario

Resources for Post-Secondary Students

Post-Secondary Education Support

The MNO has always made education a high priority. The goal of the MNO's Post-Secondary Education Program is to promote accessible education-related services and initiatives for Métis learners and the post-secondary level. Through the Post-Secondary Education Support Program, MNO citizens who reside in Canada and are attending or have been accepted into an accredited post-secondary program at a recognized Canadian university or college are encouraged to apply to receive funding to access post-secondary education.

Secondly, the MNO offers a wide range of additional supports available to Métis Post-Secondary learners. The Métis student bursary program, the MNO Targeted Bursaries and other Scholarships are available to students following registration in the fall.

In addition, the MNO is pleased to offer eligible Post-Secondary Students access to the PSE Travel Support Program, which provides eligible applicants with a one-time travel subsidy to assist with the costs of travel to school.

Thirdly, the MNO is pleased to offer the Post-Secondary Education Tutoring Program. The MNO has partnered with Tutor Ocean, a dedicated global online tutoring platform, to provide citizens with access to thousands of qualified tutors to support them while they are enrolled in Post-Secondary Education.

Further details about all above MNO Post-Secondary Education initiatives can be found on the MNO website under the tab for Post-Secondary Education.

bit.ly/2ZOVKMX

Infinite Reach Student Solidarity Network

The MNO Infinite Reach Student Solidarity Network is comprised of incoming and upper year post-secondary students who have the common goal of working together to enrich and enhance their post-secondary education experience. Members form a community of Métis learners within their college or university and support each other in their academic pursuits.

The MNO Infinite Reach Facilitators are upper year students who can aid incoming students by helping them adjust to university life, while working to create and maintain a sense of community among Métis students. In addition, MNO Infinite Reach Facilitators host cultural and informative events to connect students to the local MNO community councils, and to the many programs, services and events facilitated by the MNO.

Further details about this unique mentorship program can be found on the MNO website under the tab for Post-Secondary Education.

bit.ly/31iX76G

Mental Health and Addictions

The MNO's Mental Health and Addictions Program is offered Ontario-wide and includes a wide range of services and supports to Métis children, youth and adults. Services are delivered in person, over the phone or by video conference. The MHA Program provides access to comprehensive assessment, treatment, and follow up services from mental health and addictions professionals, many of whom are bilingual.

In addition, the MNO is proud to offer a 24-hour Mental Health and Addictions (MHA) Crisis Line, and individual counselling services offered by Métis clinicians who provide services using a Métis cultural lens.

More information about Mental Health and Addictions programs can be found on the MNO website under the Healing and Wellness tab.

bit.ly/3wqXO9P

Victim Services

The Métis Nation of Ontario offers a Victim Services Program which provides culturally relevant victim services to address, deter, and end violence against Métis women and children. These services address the mental, physical, emotional and spiritual impacts of victimization. The program provides culturally grounded supports to prevent, deter, and end violence against Indigenous women, children, youth, older adults, two-spirit folk and people living with disabilities and help victims heal.

More information about the MNO Victim Services Program can be found on the MNO website under the tab for Healing & Wellness.

bit.ly/3pZ9WgW

Housing Stabilization Program

The MNO Housing and Infrastructure Branch provides housing stabilization supports to Métis citizens including a variety of housing and homelessness services. The program provides housing loss prevention and housing stabilization services. It supports individuals and families who are homeless, at immediate risk of becoming homeless, or in an unstable housing situation. Crisis supports including assistance with basic need provisions such as hygiene supplies and food and emergency shelter placement.

More information about the MNO Housing Stabilization Program can be found on the MNO website under the tab Housing and Infrastructure.

bit.ly/3nOpVeQ

Employment & Training Programs

The Métis Nation of Ontario offers a variety of Employment Programs to qualified Métis candidates. The MNO delivers Employment & Training Programs and Projects in apprenticeships, tourism and hospitality, energy, and housing and mining. Through these Employment & Training Programs and Projects, the MNO has the opportunity to provide focused training in specific areas and sectors where employment opportunities are available or will be available in the near future. In addition, the Employment & Training Projects provide additional opportunities for Métis people to gain skills, education and training that will enable them to obtain employment in a variety of sectors.

Skills training and development is a critical component for supporting Métis people in achieving their career aspirations and advancing the interests of Métis communities across Ontario. In support of this goal, the Métis Nation of Ontario (MNO) provides a comprehensive suite of employment programs and services that include career counselling, employment readiness training, wage subsidies, apprenticeship support, mobility assistance, self-employment, youth initiatives and services for clients with disabilities. Programs and services are delivered through community-based service sites across the province.

More information about the Employment & Training Programs can be found on the MNO website under the Education and Training tab.

bit.ly/2ZJctcd

PSE Navigator Support Program

The PSE Navigator Support Program provides real time, personalized assistance for Métis Post-Secondary Students. The Navigator is available to work to help you locate and connect with supports and services both within the MNO and also at your College or University. The Navigator is also able to assist in liaising with school academic support staff, financial aid staff and can help provide a pathway to MNO virtual tutoring and travel subsidy initiatives.

More information about the PSE Navigator, and how to contact them can be found on the MNO website under the Post-Secondary Education tab.

bit.ly/3CNXT9K

Transitional Resources and Helpful Links

OSAP calculator
bit.ly/3bDYter

Budgeting for Student Life
bit.ly/3nYTt9W

Student Budget Worksheet
bit.ly/3LQ1N7Z

Ontario Universities Indigenous Student Resources
ontariouniversitiesindigenous.ca

Ontario Universities Info - this will help you find the program and University to attend
ontariouniversitiesinfo.ca

Ontario University Fairs
ontariouniversitiesfair.ca

Indigenous Bursaries Search Tool
Visit the Government Of Canada bit.ly/3EL5syt website to use a search tool to find other available bursaries, scholarships and incentives for Indigenous students.

Education Planner - Self Assessments
bit.ly/3blaqQ0

Online Self-Assessment Survey
bit.ly/2YdRsaA

For more information on annual application deadlines for Ontario's College and Universities please visit ouac.on.ca