



2023

## INDIGENOUS ROLE MODEL

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I am a Métis student who uses art, dancing, textiles, and beadwork to explore my culture. I never felt connected to my Indigenous roots growing up. However, my school has encouraged the study of the Métis and provided opportunities for cultural learning and growth. It has been important to me to serve as an example of Indigenous leadership, and I've had the opportunity to educate youth groups about Indigenous peoples around the Fraser Valley.

Going into postsecondary school, my focus of study will be on psychology and counselling. I have a strong desire to support youth who are experiencing mental health-related issues. Through research, I want to learn more about how youth and child development affect mental health.

My advice to future students is to connect to their past, be proud of their heritage, and maintain an open mind and heart.



Indigenous  
Education