

Northlands College Student Success Handbook, Guide & Planner



College Vision:

Developing students to live, work and succeed in Northern Saskatchewan.

Student Services Motto:

Students First. Every Campus. Every Student. Every Time.

Emergency Contacts Quick Reference

IMPORTANT

For immediate danger, serious injury, fire, overdose, violence, or a crime in progress, call 911. Do not use email or an online Student Support request for an emergency.

Category	General	La Ronge Area	Creighton	Buffalo Narrows
Emergency	911	RCMP/Police: 306-425-6730	RCMP/Police: 306-688-8888	RCMP: 306-235-6660
HealthLine	811	Hospital/Health Centre (La Ronge Health Hospital): 306-425-2422 or 306-425-9109. Walk-in, emergency or call health centre. Jeannie Bird Health Clinic: 1-306-425-3600 Northlands College Dental Clinic: 306-425-4666 La Ronge Medical Clinic: (306) 425-2174 Boreal Dental Clinic: (306) 425-8090 Dr. Dany Malaxos (Dental): (306) 425-2033	Creighton Health Centre: 306-688-8620 Flin Flon Clinic: 204-687-6130 Flin Flon General Hospital: 204-687-7591 Flin Flon Primary Health Care Centre: 204-687-1350 Addictions Foundation of Manitoba: 204-687-1665; 204-687-1770 Creighton Home Care: 306-688-8630 SK Public Health Clinics: (306) 688-3481	Provincial Youth Helpline: 800-668-6868 Buffalo Narrows Health Center: 306-235-6300 Victim Services: 306-235-4910 North Battleford Safe Shelter: 306-445-2742

			Mamawetan Churchill: 306-688-8620	
Mental Health Resources	Suicide and Mental Crisis Helpline: 988	Woodland Wellness Centre: 1-877-425-3450 or 306-425-9109 Hope for Wellness Helpline (First Nations & Inuit): 855-242-3310 LLRIB Health service: 306-425-9109/ 1-877-425-3450 STG Health Service Inc: 306-518-8701	Addictions Foundation of Manitoba: 204-687-1665 or 204-687-1770 Mamawetan Churchill: 306-688-8620 Flin Flon General Hospital: 204-687-7591	Mental Health Crisis: 888-737-4668 Buffalo Narrows Health Center: 306-235-6300
Crisis Lines	Suicide Crisis Helpline: 988 Kids Help Phone: 1-800-668-6868 Hope for Wellness: 1-855-242-3310 Residential School Crisis Line: 1-866-925-4419 Wellness Together			Suicide Crisis Line: 306-525-5333 Poison Control: 866-454-1212 Sexual Assault Crisis: 866-567-0055 Social Services: 306-446-7705

	Canada: 1-866-585-0445 Crisis Line (Saskatchewan Crisis Line): 306-425-4090			Kids Help Phone: 800-668-6868 Smoking Helpline: 800-363-5864 Gambling Helpline: 888-899-4357
Women's Safe Shelters		Women's Shelter (Piwapian Wellness Centre): 306-425-3909		
<u>Student Advisors</u>	1-888-311-1185; Studentservices@northlandscollege.sk.ca	Student Advisor	Student Advisor	Student Advisor
<u>Learning Hub</u>	1-888-311-1185; learninghub@northlandscollege.sk.ca	Learning Hub	Learning Hub	Learning Hub
<u>Elder-in-Residence</u>	1-888-311-1185; indigenous@northlandscollege.sk.ca	Elder-in-Residence	Elder-in-Residence	Elder-in-Residence
IT Help Desk	ticket@northlandscollege.sk.ca	ticket@northlandscollege.sk.ca	ticket@northlandscollege.sk.ca	ticket@northlandscollege.sk.ca

<u>Housing</u>	1-888-311-1185; housing@northlandscollege.sk.ca	Burns & Hall Apartments: 306-425-4443 Bayview Apartments: 306-425-0048 Aurora Pines (Townhouses): 306-425-6909 Bedrock Manor: 306-922-0997/ 306-930-7200 Lakeview Apartments: 306-420-9075/ 306-425-8890 Quarry Apartments: (306) 207-0170 Studer Street Duplexes/Triplexes: 306-425-3013 / 877-234-5180 Sunrise Apartments: 306-425-0048 Tremblay Apartments: 306-425-8895 Wasy Rentals: 306-425-9597 / 306-425-7368	Northlands College Learner Residence: 306-688-8838 Lyle Lofgren: 204-271-1240 Wes Mote: 204-271-1480 John Sturley: 204-271-1112/ 204-687-7806 Larry D'Aoust: 204-271-1342 Carla Wabick: 204-687-5526 Kelly Post: 204-687-3603 Phillip & Alana Pretorius: 204-687-8400 Mike Barkett: 204-687-2444 Crystal Merton: 204-271-4360 Greg East: 204-687-0754 Mark Rowe: 204-687-0735 Lindsay Silve: 204-330-6405	Northlands College Learner Residence: 306-235-1765 Buffalo Narrows Housing Authority: 306-235-4283 Janelle Pedersen: 306-514-2268 Ron Pedersen: 306-235-7795 Jolene Hanson: 306-930-8774 Buffalo Lake House: 306-235-7159/ 306-291-4363 Churchill Lake Guest House: 306-235-4802 Kiezie Channel Guesthouse: 306-420-5513 Waterfront Inn: 306-235-4830 Krows Nest Inn: 306-235-4425
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		La Ronge Mobile Home Park: 306-425- 2221 Smoke jumpers apart: 306-425-2109 Stayte Holdings: 306- 425-0229	Northeast Housing Auth. Creighton: 306-688-5521 Shawn Sexsmith: 204- 623-1954 Tom & Margaret Britton: 306- 688-7498 Overland Cross Country Lodge: 306- 362-2053	Lady Bug Lodge Guesthouse: 604-818-6174 Bayside Guest House: 306- 235-7159 Pelican Tavern: 306-235-4830 Peter Pond: 306-235-7080
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Welcome Messages

Board of Governors and President & CEO Welcome

Tânsi. Edlânet'e. Welcome.

On behalf of the Northlands College Board of Governors and the Office of the President & CEO, we are delighted to welcome you to Northlands College and thank you for choosing us as part of your educational journey.

Your decision to pursue education is a significant step toward achieving your personal, academic, and career goals. Whether you are beginning post-secondary studies, pursuing a skilled trade, upgrading your education, or returning to the classroom after time away, we are honoured to walk alongside you as you take this next step.

At Northlands College, students are at the centre of everything we do. Our commitment, Students First. Every Campus. Every Student. Every Time., reflects our belief that every student deserves the opportunity to learn, grow, and succeed in an environment that is supportive, respectful, and welcoming. Our dedicated faculty, staff, Elders, Knowledge Keepers, and community partners are here to help you achieve your goals and make the most of your college experience.

As you begin your journey, we encourage you to take full advantage of the many student services and supports available to you. Whether you need academic assistance, career guidance, wellness supports, cultural connections, financial information, or simply someone to help you navigate your path, our teams are ready to support your success. Reaching out for support is a sign of strength, and no student is expected to succeed alone.

Northlands College is more than a place of learning. It is a community where students are encouraged to discover their strengths, explore new opportunities, build meaningful relationships, and develop the confidence to pursue their aspirations. We are committed to creating learning environments where every student feels safe, valued, respected, and empowered to succeed.

We proudly serve communities across Northern Saskatchewan and welcome you into our campuses, learning centres, and learning communities. We celebrate the rich cultures, traditions, languages, and experiences that each student brings to our college. We believe that a strong sense of belonging, culture, and identity contributes to student success and strengthens our communities for generations to come.

As you move forward, we encourage you to embrace every opportunity available to you, both inside and outside the classroom. Engage with your instructors, connect with your

fellow students, participate in cultural and community activities, seek support when needed, and take pride in the progress you make along the way. Every step forward is an important part of your journey.

Thank you for choosing Northlands College. We are honoured to be part of your educational experience and look forward to celebrating your achievements as you develop the knowledge, skills, and confidence to live, work, and succeed in Northern Saskatchewan.

We wish you a rewarding, successful, and memorable year ahead.

Sincerely,

Michael McCormick

President & Chief Executive Officer

On behalf of Northlands College Board of Governors

Vice-President, Student Services & Engagement Welcome

Tânsi. Edlánet'e. Welcome.

On behalf of Student Services & Engagement, I am pleased to welcome you to Northlands College.

Whether you are entering college for the first time, returning to school after many years, pursuing a new career, upgrading your education, or continuing your academic journey, you belong here.

At Northlands College, our guiding commitment is simple:

Students First. Every Campus. Every Student. Every Time.

Student success is about far more than grades. Success means feeling connected, supported, respected, safe, and empowered to achieve your goals. Throughout this handbook, you will discover the many services, supports, and people available to help you succeed both inside and outside the classroom.

You will find Academic Advisors who can help you plan your educational journey, Learning Hub staff who can support your academic growth, Accessibility Services that help remove barriers to learning, Engagement & Campus Services staff who can assist with housing, food security, transportation, and community resources, Elders and Knowledge Keepers who provide cultural guidance and support, and many other dedicated staff committed to your success. These services are reflected throughout the Student Services & Engagement Hub and are available across all campuses.

One of the most important messages I hope you take away from this handbook is this:

You do not have to succeed alone.

If you are struggling academically, financially, personally, culturally, emotionally, or simply do not know where to start, reach out. Asking for help is a sign of strength. Northlands College is committed to helping students navigate challenges and connect with the resources they need to thrive.

I encourage you to become actively involved in college life. Attend events, volunteer, visit your campus cultural spaces, connect with fellow students, meet with your instructors, and make use of the many opportunities available to you. Education is not only about what happens in the classroom; it is about building relationships, confidence, leadership skills, and a vision for your future.

Thank you for choosing Northlands College.



We are honoured to walk alongside you as you develop the knowledge, skills, and confidence to live, work, and succeed in Northern Saskatchewan.

Banjo Olaleye

Vice-President, Student Services & Engagement

Northlands College

Elders-in-Residence Welcome

Tansi, Ek'lanete,bojour to all students at Northlands College school year 2026,2027. The CEO, staff and Elders invite you on this journey of learning and new opportunities to advance in your education path.

We encourage you to reach out to instructors and student advisors, elders for information, support on the programs held within the campuses and the resources available to you while attending the college in this upcoming school year.

I give the greeting from the Elders in Residence to all attendees and all staff within Northlands College, let us carry respect and compassion for one another and be open sharing and looking out for one another.

Ekosi

Knowledge Keeper Jacqueline Ballantyne

Indigenous Initiatives Coordinator, Northlands College

Student Messages

“Staff at Northlands College gave me the push to register, in-person classes for the first year gave me the leg up to get started, financial assistance for mileage and housing for a mandatory class in Saskatoon helped me get by, and knowing there is support in the community if I need it keeps me going. As a later in life student, all of those things and more helped me push through these 4 years and give me hope for my children’s future education as well.”

- Shelly Lobb, Bachelor of Social Work Graduate 2026



Shelly Lobb at the Combined 2024-2026 Northlands College Graduation Ceremony.

“it’s more than just a school it’s a supportive community. What makes Northlands different is the personal connection you build with instructors. You’re not just a number, the staff genuinely care about your success. I would also explain that Northlands provides strong support systems, especially for students upgrading or returning to school. I personally chose Northlands because I wanted to upgrade my education and build a career, and I found the environment welcoming and encouraging. My siblings also attended Northlands, which gave me confidence in the quality of education and support.”

- Vincent Hogan Thompson, Office Administration Graduate 2026

Land Acknowledgement

Northlands College respectfully acknowledges that our campuses and learning sites are located on the traditional territories of Treaties 5, 6, 8, and 10 and the homeland of the Métis peoples. We recognize the Indigenous Peoples who have cared for these lands since time immemorial and whose cultures, languages, teachings, and knowledge systems continue to shape Northern Saskatchewan.

We honour Elders, Knowledge Keepers, leaders, students, communities, and future generations.

We are committed to reconciliation and to ensuring that Indigenous perspectives and voices are reflected throughout our learning environments.



Aerial view of the rear of the La Ronge Canoe Campus during Culture Days

How to Use This Handbook



This handbook is designed to help you succeed from your first day at Northlands College through graduation and beyond.

You do not need to read it from beginning to end.

Instead, use the sections that are most relevant to your needs.

New Student?

Start with:

- [Section 1: Welcome to Northlands College](#)
- [Section 3: Indigenous Student Success Framework](#)
- [Section 4: Student Services & Engagement](#)
- [Section 15: Technology & Digital Learning Guide](#)

Need Academic Help?

Visit:

- [Section 6: Academic Success Guide](#)
- [The Learning Hub](#)
- [Academic Advising](#)

Need Student Support?

Visit:

- [Section 4: Student Services & Engagement](#)
- [Section 9: Wellness & Belonging](#)
- [Section 12: Community Living & Resource Directory](#)

Need Funding Information?

Visit:

- [Section 5: Administrative, Registration & Financial Services](#)
- [Section 10: Financial Wellness](#)

Looking for Community Resources?

Visit:

- [Section 12: Community Living & Resource Directory](#)

Connect Online

Many services in this handbook are also available through [the Student Services & Engagement Hub](#).

Use the QR Code below to access:

- [Academic Advising](#)



- [Learning Hub](#)



- [Accessibility Services](#)





- [Indigenous Initiatives](#)



- [Housing & Wellbeing](#)



- [Financial Assistance](#)



- [Student Forms](#)



- [Events and Activities](#)



- [Student Support Requests](#)

[The Hub](#) should be your primary online destination for student support services.

IMPORTANT

The Student Services & Engagement Hub requires internet access and may require your Northlands College account. If you cannot access the Hub, call 1-888-311-1185 or visit the front desk at your campus.

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I Need Help With...	Start Here
Program requirements	Student Advisor /Program Coordinator
Course concern	Instructor
Academic support	Learning Hub
Career planning	Learning Hub
Registration	Student Advisor
Wellness	Counsellor/ Elder / Student Advisor
Cultural support	Elder / Indigenous Initiatives
Moodle	Learning Hub or IT
Tuition	Finance
Student Loans	Engagement & Campus Services / Finance
Housing	Housing & Wellness
Childcare	Engagement & Campus Services / Student Advisor
Not Sure	Student Success & Engagement Hub

SECTION 1: WELCOME TO NORTHLANDS COLLEGE

Your journey starts here.

Welcome to Northlands College and to a community committed to helping students live, work, and succeed in Northern Saskatchewan. Every student arrives with different experiences, strengths, responsibilities, and goals. Whether you are entering college for the first time, returning after time away, upgrading your education, preparing for a trade, beginning university studies, or developing new career skills, you belong here. This section introduces the purpose of your Student Success Handbook, the commitments that guide Northlands College, and the people who are ready to support you throughout your educational journey.

Use this section when you want to:

- Understand what Northlands College promises its students.
- Learn what “Students First” means.
- Begin identifying your goals for the year.
- Find the main online source for student supports.

[Continue Online](#)



Scan to open the [Student Services & Engagement Hub](#), your main online destination for student supports, services, forms, events, opportunities, and resources. The Hub also provides access to Moodle and links to [Academic Advising](#), [the Learning Hub](#), [Indigenous Initiatives](#), [Registrar Services](#), [Accessibility Services](#), [Financial Assistance](#), [Housing & Wellbeing](#), and [Engagement & Campus Services](#).

Welcome

Tânsi. Edlânet'e. Welcome.

Welcome to Northlands College.

We are honoured that you have chosen to continue your educational journey with us.

Whether you are beginning your first post-secondary program, upgrading your education, pursuing a skilled trade, preparing for university studies, enhancing your career opportunities, or returning to learning after many years, you are now part of a community dedicated to your success.

At Northlands College, we understand that every student arrives with unique experiences, strengths, talents, and dreams. Some students come to us directly from high school. Others balance their studies with work, family responsibilities, community commitments, or personal challenges. No matter where your journey begins, you belong here.

Our College exists to help northern students achieve their goals while strengthening communities across Northern Saskatchewan. Everything we do is grounded in a belief that education changes lives. Education creates opportunities. Education strengthens families, communities, cultures, and economies.

Most importantly, education helps people discover their potential.

This handbook has been developed to support your success throughout your time at Northlands College.

It is more than a collection of policies and procedures.

It is a guide to student life.

A guide to academic success.

A guide to wellness.

A guide to cultural connection.

A guide to personal growth.

A guide to planning your future.

We encourage you to use this handbook often and to remember that you do not walk this journey alone.

Our Vision



A student explores augmented reality vision at an NLC Library in Saskatchewan's north Northlands College exists to:

Develop students to live, work and succeed in Northern Saskatchewan.

This vision reflects our commitment to supporting students not only in the classroom, but throughout their lives.

We want our graduates to possess the knowledge, skills, confidence, and resilience needed to contribute to their families, communities, workplaces, and the broader North.

Student success is not measured solely by completing a program or obtaining a credential. Success is also reflected in confidence gained, goals achieved, relationships built, communities strengthened, and opportunities created.

Our Mission

Northlands College is committed to:

Nurturing northern students to thrive in their communities and to participate in the northern economy by offering practical, innovative education that embraces cultural identity and meets workforce needs.

Our mission reflects our belief that education should be relevant, accessible, practical, and meaningful.

The knowledge you gain should help you achieve your goals while also contributing to your community and region.

Your education should prepare you for work, but it should also help you grow as a person, leader, and community member.

The Northlands College Student Experience

We believe every student deserves an educational experience that is:

Welcoming

Students should feel valued, respected, and supported from the moment they join our College community.

Inclusive

Our learning environments embrace diversity and promote equitable access to opportunities for all students.

Accessible

We work to remove barriers that may prevent students from fully participating in their educational journey.

Culturally Responsive

We recognize and celebrate the rich histories, cultures, traditions, and worldviews of Indigenous Peoples and the diverse communities we serve.

Student-Centred

Students are at the centre of everything we do. Their success guides our decisions, programs, and services.

Our Commitment to Students

Students First. Every Campus. Every Student. Every Time.

This commitment guides every interaction, service, and decision at Northlands College. It reflects our belief that student success is everyone's responsibility and that every student deserves access to support, opportunities, and a welcoming learning environment.

Northlands College commits to:

- Putting students first.
- Providing safe, respectful learning environments.
- Promoting academic excellence.
- Supporting student wellbeing.
- Honouring culture and community.
- Creating opportunities for growth and success.
- Preparing students for the future.

We are committed to walking alongside students as they pursue their educational goals.



Adult Basic Education students learn about hidework from Learning Hub Instructor Pam S.

SECTION 2: ABOUT NORTHLANDS COLLEGE

ABOUT NORTHLANDS COLLEGE

Built by the North, for the North.

Northlands College serves students across Northern Saskatchewan through campuses, community relationships, flexible learning opportunities, and programs connected to northern workforce and community needs. Our vision, mission, values, and strategic priorities guide how we teach, support students, build partnerships, and contribute to the future of the North. This section introduces the College's identity, values, locations, and commitment to practical, culturally responsive, and student-centred education.

Use this section when you want to:

- Understand Northlands College's vision, mission, and values.
- Learn what makes the College distinctive.
- Find campus locations and main telephone numbers.
- Understand how your education connects to northern communities and opportunities.

[Continue Online](#)



Scan to explore Northlands College services and campus supports.

Who We Are



Northlands College is a dynamic public regional college serving Northern Saskatchewan. We provide educational opportunities through Health and Wellness programs, University Studies, Trades and Technology training, Adult Basic Education, workforce development initiatives, customized training, and community-based learning opportunities.

Our programs are designed to support students while addressing the evolving workforce needs of Northern Saskatchewan. We are committed to preparing students for meaningful careers, community leadership, lifelong learning, and personal success.

Our Five-Year Goal

Northlands College aims to become:

The College of Choice for Northerners.

Achieving this goal means:

- Delivering high-quality educational experiences.
- Building strong student supports.
- Responding to community and industry needs.
- Strengthening Indigenous engagement.

- Promoting innovation and excellence.
- Creating pathways to employment and lifelong learning.

Every student plays a role in helping us achieve this vision.

Our Values

The values of Northlands College guide our decisions, actions, and relationships. They define who we are and how we work together as a learning community.

Accountability

We believe in taking responsibility for our actions, decisions, and responsibilities.

As students, accountability means:

- Attending classes and being prepared.
- Completing assignments on time.
- Following through on commitments.
- Taking ownership of personal and academic goals.
- Supporting a positive learning environment.

Integrity

We believe in doing the right thing, even when it is difficult.

As students, integrity means:

- Being honest in our academic work.
- Treating others fairly and respectfully.
- Demonstrating ethical behaviour.
- Building trust through our actions.
- Upholding College policies and standards.

People-First

We believe that people matter.

As students, being people-first means:

- Showing compassion and empathy.
- Supporting classmates and colleagues.
- Respecting diverse perspectives.
- Building meaningful relationships.
- Contributing to a welcoming campus culture.

Culture

We believe culture strengthens identity, belonging, and community.

As students, valuing culture means:

- Respecting Indigenous cultures and traditions.
- Celebrating diversity.
- Learning from others.
- Engaging with cultural opportunities.
- Contributing to a respectful and inclusive environment.

Sustainability

We believe in supporting the long-term wellbeing of our communities, environment, and future generations.

As students, sustainability means:

- Respecting the environment.
- Using resources responsibly.
- Supporting community wellbeing.
- Thinking about long-term impacts.
- Practicing responsible citizenship.

Our Campuses and Learning Communities



Marketing materials showing NLC campuses at a community event

Northlands College serves students across Northern Saskatchewan through campuses, learning centres, community partnerships, and flexible delivery models.

Our primary campuses include:

- La Ronge
- Air Ronge
- Buffalo Narrows
- Creighton

In addition, Northlands College collaborates with communities throughout Northern Saskatchewan to deliver educational opportunities closer to where people live. This approach helps students remain connected to family, community, culture, and support systems while pursuing their goals.

What Makes Northlands College Unique

Northlands College is uniquely positioned to serve northern students.

Our strengths include:

- Community-based education.
- Indigenous engagement and reconciliation.
- Student-centred supports.
- Workforce-responsive programming.
- Strong relationships with northern communities.
- Flexible and innovative learning opportunities.
- Deep understanding of northern realities and opportunities.



A knowledge keeper sharing information about hidework to a youth at NLC's Culture Days

SECTION 3: WALKING TOGETHER: THE NORTHLANDS COLLEGE INDIGENOUS STUDENT SUCCESS FRAMEWORK

Culture, identity, relationships, and learning are interconnected.

Northlands College recognizes that student success involves the whole person. Academic achievement is strengthened by wellbeing, cultural connection, relationships, identity, purpose, and a sense of belonging. This section explains the College's approach to Indigenous student success and introduces opportunities to connect with Resident Elders, Knowledge Keepers, cultural spaces, teachings, ceremonies, land-based learning, cultural events, and Indigenous learning opportunities.

Use this section when you want to:

- Understand the College's holistic approach to student success.
- Connect with a Resident Elder or Knowledge Keeper.
- Learn about cultural events and onsite days.
- Explore Indigenous learning and reconciliation opportunities.
- Find respectful pathways for requesting cultural support.

[Continue Online](#)



Scan to connect with [Indigenous Initiatives](#), request time with an Elder or Knowledge Keeper, view cultural opportunities, and learn about Northlands College cultural spaces. Resident Elders and Knowledge Keepers may be available for drop-in support while onsite, and students can request time in advance when schedules are busy.

Introduction

Northlands College recognizes that Indigenous students, communities, Elders, Knowledge Keepers, and leaders are integral to our College community.

As a college serving Northern Saskatchewan, we acknowledge the unique histories, cultures, languages, experiences, and contributions of Indigenous Peoples. We are committed to ensuring that Indigenous perspectives are reflected throughout our programs, services, relationships, and learning environments.

The Indigenous Student Success Framework provides a foundation for how we support students and create environments where students can thrive academically, personally, culturally, and professionally.

Walking Together

At Northlands College, success is not viewed only through academic achievement.

True success occurs when students develop:

- Knowledge and skills.
- Confidence and resilience.
- Healthy relationships.
- Cultural connection.
- A sense of purpose.
- Community belonging.



A Mental Health & Wellness Student works on a walking stick she is making during a session with elder Alex Halkett

Education is most effective when students feel supported as whole people.

Transformative Learning

Northlands College recognizes that every student arrives with unique stories, experiences, strengths, and knowledge. The College is committed to building upon those strengths while supporting lifelong learning and personal growth.

Transformative learning helps students:

- Build knowledge and skills.
- Develop confidence.
- Explore new opportunities.
- Strengthen leadership abilities.
- Contribute to their communities.
- Participate in the northern economy.

Student First

The Student First principle reflects our commitment to placing students at the centre of our work.

This includes:

Good Relations

Strong relationships are essential to student success. Students are encouraged to build positive connections with classmates, instructors, Elders, staff, families, and communities.

Sense of Belonging

Students thrive when they feel welcomed, respected, accepted, and valued.

Accessibility

Students come from diverse backgrounds and face different challenges. Northlands College works to reduce barriers and provide supports that help students achieve their goals.

The North

Being northern is more than a geographic reality.



It is a way of understanding community, relationships, resilience, and responsibility.

Northlands College embraces northern culture and recognizes the strengths of northern communities. Our programs, supports, and partnerships are designed to respond to the realities and opportunities that exist throughout the North.

Students are encouraged to honour their communities, celebrate their identities, and use their education to strengthen the future of Northern Saskatchewan.

IMPORTANT

Cultural teachings, ceremonies, traditions, and protocols may differ among Nations, communities, Elders, and Knowledge Keepers. Follow the guidance of the person leading the activity and ask respectful questions when you are unsure.

Indigenous Student Success Commitment

At Northlands College, we believe every student has gifts, strengths, and potential.

We are committed to creating a learning environment where students feel:

- Safe.
- Respected.
- Supported.
- Connected.
- Empowered.
- Inspired to succeed.

Together, we are building a stronger future for learners, families, communities, and Northern Saskatchewan.



Your First 30 Days at Northlands College

Start connected. Start informed. Start strong.

The first month of college is a time to learn new routines, systems, expectations, and relationships. You do not need to understand everything immediately. Focus first on attending class, meeting the people who support your program, activating your College technology, learning how Moodle works, establishing a weekly routine, and asking questions. The steps you take during your first month can create a strong foundation for the rest of your year.

Your first-month priorities:

- Meet your instructors and Program Coordinator.
- Connect with your Student Advisor.
- Learn how to use Moodle, student email, and Microsoft Teams.
- Meet a Learning Hub Instructor.
- Connect with a Resident Elder or Knowledge Keeper.
- Learn where the front desk is located at your campus.
- Review attendance, academic, funding, and program expectations.

Continue Online



Scan to find your starting point and connect with student supports.

Starting Strong



Beginning college is exciting, but it can also be overwhelming.

You may be starting in a new community, meeting new people, learning new systems, balancing family responsibilities, managing finances, or returning to education after many years away.

These experiences are normal.

The first month of college often shapes the rest of the student experience. Students who establish healthy routines, build connections, seek support early, and actively engage in their learning community are more likely to succeed.

During your first month, take time to connect with your Student Advisor, Learning Hub Instructor, Elder-in-Residence or Knowledge Keeper, instructors, and program staff. These relationships can become some of the most important supports throughout your educational journey.

The purpose of this chapter is to help you start strong.

Week One: Get Connected

Your first week at Northlands College is about making connections.

Successful students learn early that they do not have to navigate college alone. Everyone at Northlands College is committed to helping students succeed.

Take time to introduce yourself and begin building relationships with the people who can support your learning journey.



Meet Your Support Team

During your first week, connect with:

- Your Student Advisor
- Your Learning Hub Instructor
- An Elder-in-Residence or Knowledge Keeper
- Your instructors
- Your Program Coordinator
- Program Assistants
- Front Desk staff
- Information Technology (IT) staff

These individuals can answer questions, provide guidance, connect you with resources, and help you navigate College systems and processes.

Remember that support may be available either in person or virtually, depending on your location and program.

Access Your Technology

Technology will be an important part of your learning experience.

Ensure that you can access:

- Student email
- Moodle
- Microsoft Teams
- Virtual meeting platforms used by your program
- College technology resources

If you experience difficulties accessing Moodle, student email, or other College systems, your Learning Hub Instructor or IT personnel can help you get connected and troubleshoot issues.

Do not wait until an assignment is due to ask for help.

Know Where to Go for Help

At Northlands College, assistance may come from many people.

If you have questions and are unsure where to start:

- Ask your instructor.
- Contact your Program Assistant.
- Speak with your Student Advisor.
- Connect with your Learning Hub Instructor.
- Reach out to an Elder-in-Residence or Knowledge Keeper.
- Visit or call the Front Desk.

If the first person you speak with cannot answer your question, they will help connect you with the appropriate resource.

No question is too small.

Learn Your Schedule

Understand:

- Class locations

- Start and end times
- Attendance expectations
- Assignment deadlines
- Important academic dates

Student Reflection

Who are three people at Northlands College that I can contact if I need assistance?

- 1.
- 2.
- 3.

Week Two: Build Good Habits

Success is built through small daily actions.



Create a Weekly Schedule

Block time for:

- Classes
- Studying
- Work
- Family responsibilities
- Meals
- Exercise

- Rest

Establish a Study Routine

Successful students typically:

- Review notes daily
- Stay organized
- Begin assignments early
- Ask questions
- Seek clarification when needed

Take Care of Yourself

Remember:

- Eat regularly
- Stay hydrated
- Get enough sleep
- Take breaks
- Stay physically active

Student Reflection

What habits will help me succeed this semester?

Click or tap here to enter text.

Week Three: Find Your Community

College is easier when you feel connected.

Build Relationships

Consider connecting with:

- Classmates
- Student leaders
- Elders
- Instructors
- Advisors

- Counsellors
- Peer mentors

Participate

Attend:

- Cultural activities
- Student events
- Workshops
- Wellness activities
- Campus gatherings



Ask For Help Early

Many students wait too long before seeking assistance.

Successful students ask for help before small challenges become major barriers.

Week Four: Review and Adjust

Check in with yourself.

Ask:

Academics

- Am I attending class regularly?
- Am I keeping up with assignments?

- Do I understand course expectations?

Wellness

- How is my stress level?
- Am I sleeping enough?
- Do I feel supported?

Connections

- Have I developed positive relationships?
- Do I feel like I belong?

Goals

- Am I moving toward my goals?
- What adjustments do I need to make?

Your First 30-Day Success Checklist

- ☐ I know how to access student supports.
- ☐ I understand my class schedule.
- ☐ I have connected with instructors.
- ☐ I know where to get help.
- ☐ I understand College expectations.
- ☐ I have established a study routine.
- ☐ I have met other students.
- ☐ I feel connected to my learning community.
- ☐ I have identified personal goals.
- ☐ I know who to contact if I need support.



Students studying at the Canoe Campus Coffee Shop

[Continue Online](#)



Scan this QR code to visit our [Student Services Hub page](#),
[contact us](#), or to [book an appointment](#).

SECTION 4: STUDENT SERVICES & ENGAGEMENT

Student support at Northlands College is built through relationships. Students may receive help from Student Advisors, Program Coordinators, Learning Hub Instructors, Resident Elders and Knowledge Keepers, instructors, Program Assistants, campus front-desk staff, Accessibility Services, Housing, Engagement & Campus Services, Registrar Services, and other College personnel. You are not expected to know exactly who can solve every problem. Start with one trusted person or submit a Student Support & Resource Navigation Request, and staff will help connect you with the appropriate support.

Use this section when you want to:

- Understand who supports students at Northlands College.
- Find academic, cultural, accessibility, housing, food, transportation, or wellbeing support.
- Request help when you are unsure where to begin.
- Learn how services work across campuses and virtually.

Continue Online



Scan to contact Student Services, submit a request, find campus contact details, or connect with a specific service. Students may also email studentservices@northlandscollge.sk.ca, call 1-888-311-1185, or visit the front desk at any campus.

Students First. Every Campus. Every Student. Every Time.

This is more than a motto.

It is a commitment.

At Northlands College, we believe that every student deserves access to quality support, regardless of where they study, how they learn, or what challenges they may face during their educational journey.

Whether you are studying in La Ronge, Air Ronge, Buffalo Narrows, Creighton, online, or in a Learning Centre (community-based delivery location), you deserve the same commitment to student success.

Students First means placing students at the centre of every decision, every interaction, and every service.

Every Campus recognizes that student support should be accessible wherever learning occurs across Northern Saskatchewan.

Every Student reflects our belief that every student matters and deserves to feel welcomed, supported, respected, and valued.

Every Time reminds us that exceptional service is not occasional. It is a daily commitment demonstrated through our actions, our relationships, and our responsiveness.

Together, these principles guide how we support student success across Northlands College.



Local Elder / horticulturalist Alex Halkett hands a student tea in a 'we all belong here' NLC mug

Who Supports Students at Northlands College?

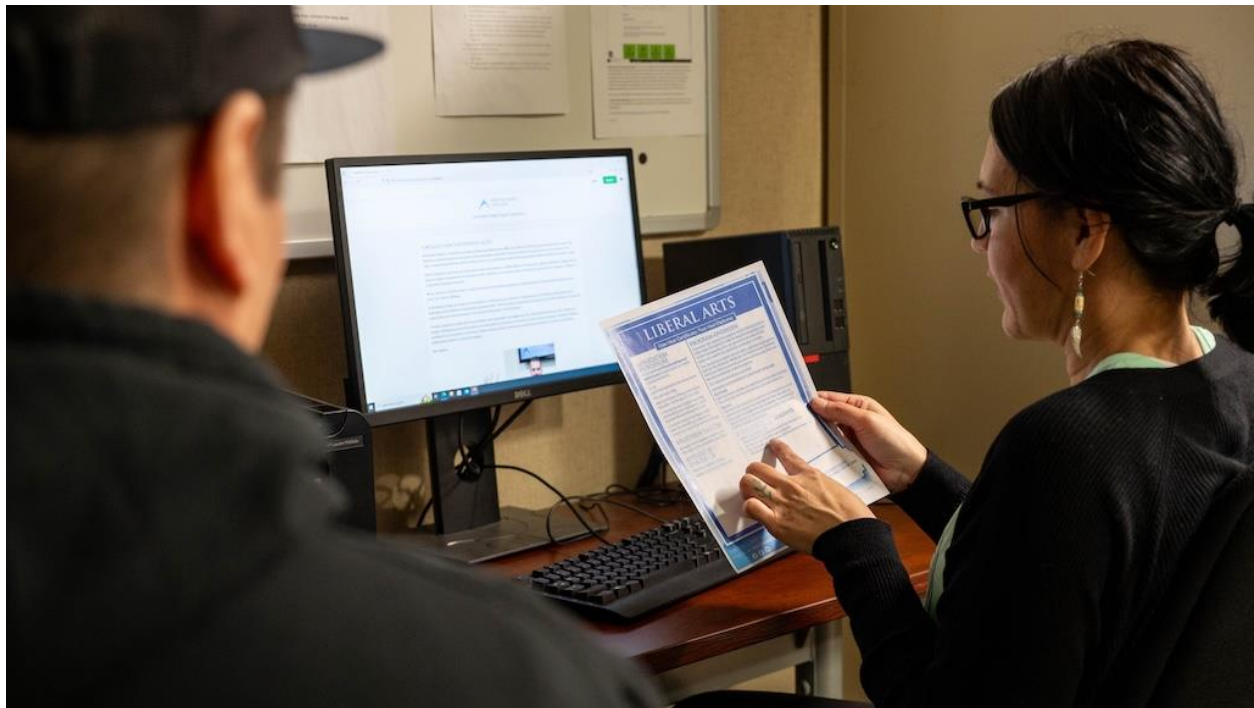
Student success is everyone's responsibility.

Unlike institutions that rely on a centralized Student Services Centre, Northlands College uses a relationship-based approach to student support.

A network of staff, instructors, Elders, and support personnel work together to help students succeed.

Depending on your needs, support may be available from:

Student Advisors



Advisor Gloria Smith meets with a prospective Liberal Arts student

Your Student Advisor can assist with:

- Educational planning
- Goal setting
- Academic concerns
- Referrals to supports
- Problem solving

- Success planning

Learning Hub Instructors

The Learning Hub supports students in becoming successful learners, confident professionals, and lifelong contributors to their communities.



The Learning Hub supports students with:

Academic Success

- Study skills
- Note-taking
- Time management
- Exam preparation
- Assignment support

Digital Success

- Moodle support
- Student email
- Microsoft Teams
- Online learning skills

- Technology orientation

Career Exploration

- Identifying strengths and interests
- Career discovery
- Career pathways
- Goal setting

Employment Readiness

- Resume development
- Cover letters
- Interview preparation
- Job search strategies
- Workplace readiness

Transition Planning

- Preparing for employment
- Further education pathways
- Career action plans
- Professional development

Lifelong Learning

- Building confidence
- Self-directed learning
- Growth mindset
- Personal development



A student works on her ribbon skirt assignment in the Canoe Campus Learning Hub

Elders-in-Residence and Knowledge Keepers

Elders and Knowledge Keepers provide:

- Cultural teachings
- Traditional knowledge
- Guidance and encouragement
- Sharing circles
- Cultural activities
- Opportunities for personal reflection and growth



Instructors

Your instructors are important members of your success team.



They can help you:

- Understand course expectations
- Clarify assignments
- Improve academic performance
- Connect with additional supports

Program Assistants

Program Assistants help students navigate administrative processes and can often direct students to appropriate resources.

Program Coordinators

Program Coordinators play a key role in supporting student success and ensuring program quality.

Students may connect with Program Coordinators regarding:

- Program expectations
- Academic progression
- Attendance concerns
- Practicum and placement matters
- Program requirements
- Student success planning
- Escalated academic concerns

Program Coordinators work closely with instructors, advisors, and other support personnel to help students successfully navigate their programs.

Front Desk Staff

Front Desk personnel are frequently the first point of contact for students and visitors.

They can:

- Answer questions
- Direct inquiries
- Connect students with resources
- Help navigate College services

Accessibility Services

Northlands College is committed to creating accessible learning environments.

Accessibility Services may assist students with:

- Academic accommodations
- Learning supports
- Adaptive technologies
- Accessibility planning
- Referrals and additional supports

Students are encouraged to discuss accommodation needs as early as possible.

Counselling and Wellness Supports

College can be stressful.

Students may experience:

- Anxiety
- Stress
- Homesickness
- Grief and loss
- Relationship challenges
- Mental health concerns



Counselling services provide confidential support designed to help students manage challenges and maintain wellbeing.

Housing Support

Students may require assistance in locating safe and affordable [housing](#) options.

Student Services can help connect students with available resources and information.

LA RONGE CAMPUS	CREIGHTON CAMPUS	BUFFALO NARROWS CAMPUS
Burns & Hall Apartments: 306-425-4443	Northlands College Learner Residence: 306-688-8838	Northlands College Learner Residence: 306-235-1765
Bayview Apartments: 306-425-0048	Lyle Lofgren: 204-271-1240	Buffalo Narrows Housing Authority: 306-235-4283
Aurora Pines (Townhouses): 306-425-6909	Wes Mote: 204-271-1480	Janelle Pedersen: 306-514-2268
Bedrock Manor: 306-922-0997/ 306-930-7200	John Sturley: 204-271-1112/ 204-687-7806	Ron Pedersen: 306-235-7795
Lakeview Apartments: 306-420-9075/ 306-425-8890	Larry D'Aoust: 204-271-1342	Jolene Hanson: 306-930-8774

Quarry Apartments: (306) 207-0170	Carla Wabick: 204-687-5526	Buffalo Lake House: 306-235-7159/ 306-291-4363
Studer Street Duplexes/Triplexes: 306-425-3013 / 877-234-5180	Kelly Post: 204-687-3603	Churchill Lake Guest House: 306-235-4802
Sunrise Apartments: 306-425-0048	Phillip & Alana Pretorius: 204-687-8400	Kiezie Channel Guesthouse: 306-420-5513
Tremblay Apartments: 306-425-8895	Mike Barkett: 204-687-2444	Waterfront Inn: 306-235-4830
Wasy Rentals: 306-425-9597 / 306-425-7368	Crystal Merton: 204-271-4360	Krows Nest Inn: 306-235-4425
La Ronge Mobile Home Park: 306-425-2221	Northeast Housing Authentic Creighton: 306-688-5521	Lady Bug Lodge Guesthouse: 604-818-6174
Smoke jumpers apart: 306-425-2109	Overland Cross Country Lodge: 306-362-2053	Bayside Guest House: 306-235-7159
Stayte Holdings: 306-425-0229	Greg East: 204-687-0754	Pelican Tavern: 306-235-4830
	Mark Rowe: 204-687-0735	Peter Pond: 306-235-7080
	Lindsay Silve: 204-330-6405	
	Shawn Sexsmith: 204-623-1954	
	Tom & Margaret Britton: 306-688-7498	



Aurora over NLC Student Housing in La Ronge, Northern Saskatchewan.

Financial Support

Students may receive assistance through:

- Scholarships
- Bursaries
- Emergency funding
- Sponsorship guidance
- Student loan information

Financial challenges should never prevent students from seeking help.

Food Security Supports

Access to nutritious food supports student wellbeing and academic success.

The College may offer or connect students with available community [food supports](#) and emergency resources.

LA RONGE CAMPUS	CREIGHTON CAMPUS	BUFFALO NARROWS CAMPUS
La Ronge Service Centre: 306-425-4544/ 1-800-567-4066	Creighton Town Office: 306-688-8253	Buffalo River Dene Nations Band Office: 306-282-2113
LLRIB Social Development: 306-425-4077		



Childcare and Family Supports

Many Northlands College students balance education with family responsibilities.

Student Services can assist students in identifying community resources and supports that help them manage these responsibilities.

LA RONGE CAMPUS	CREIGHTON CAMPUS	BUFFALO NARROWS CAMPUS
La Ronge Child Care Co-Operative: 306-425-2692	Flin Flon Guidance Nursery: 204-687-5117	Home of the Little Eagles Day Care: 306-235-4226
Churchill Community High School Daycare	Flin Flon Kiddie Korner Daycare Inc.: 204-687-6207	Kids First North: 306-235-5437

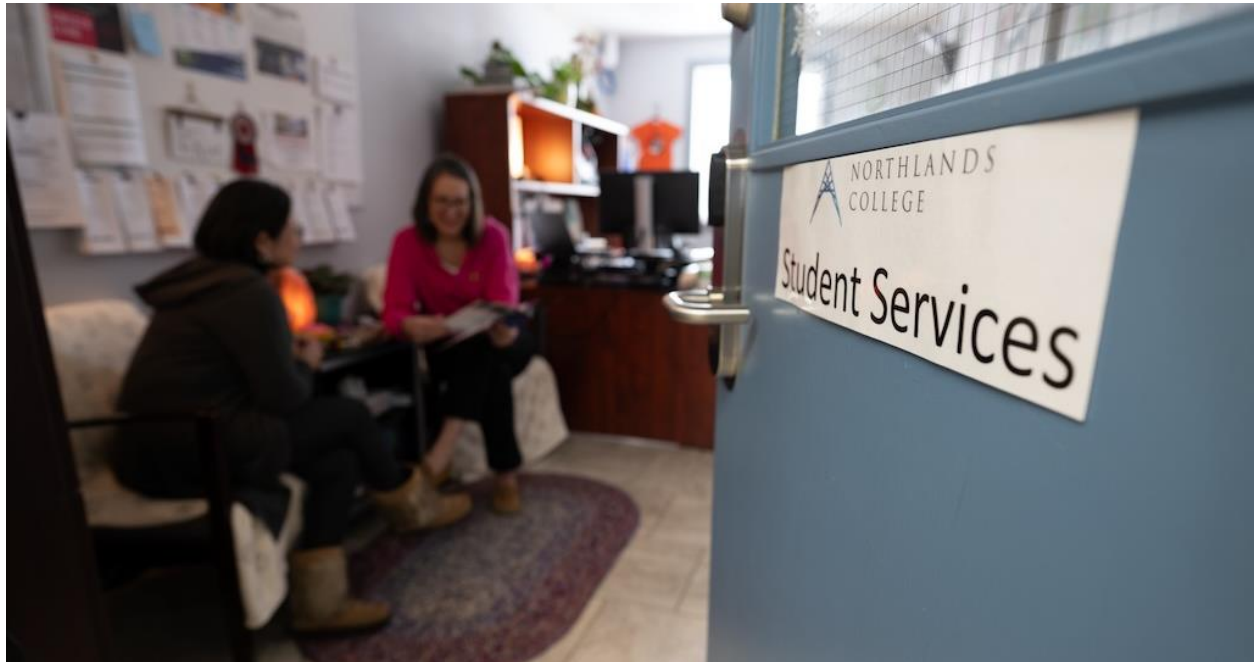
Inc (Licensed): (306) 425-3994		
Mary Harman (Licensed homebased provider): 226-975-4434	Creighton Community Daycare /Smiling Hearts Daycare: 306-688-5437	Waskoosis Shelter- Meadow Lake: 306 236-5570
North Heaven Daycare (Licensed Homebased Provider): 306-420-0772	Home Child Care (Rachel): 204-687-4100	Kids First Friendship Center-Family Support: 306 235-5434 / 306-235-4633
Sucker River Daycare: (306) 425-2138	Home Child Care (Shannon): 204-687-1723	Ministry of Social Services: 306 235-1700
La Ronge Indian Band Day Care: (306) 425-4089	Home Child Care (Alesha Bonsant): 204-680-6995	
La Ronge Playschool: (306) 425-3822	Home Child Care (Jody Schamehorn-Galbraith): 204-271-1762	
Kikinahk Friendship Centre: 306-425-2051	Peter Ballantyne Child & Family Svc: 306-688-4448	
Lac La Ronge Indian Child & Family Services (ICFS): 306-425-5511/ 1-866-755-5554	Creighton and Area Family Support Network: 306-688-0049	
Early Years Family Resource Centre: 306-425-2229	Flin Flon Aboriginal Friendship Centre Inc: 204-687-3900	

Information Technology Personnel

IT personnel support students with:

- Technology access
- Account issues
- Moodle access
- Microsoft 365 tools
- Technical troubleshooting

When Should You Contact Student Services?



Contact [Student Services](#) when:

- You are struggling academically.
- You are experiencing financial hardship.
- You need wellness support.
- You are considering withdrawing.
- You need accommodation support.
- You are unsure where to turn.

The sooner you seek help, the more options may be available.

[Student Leadership and Engagement](#)

Students are encouraged to become active participants in campus life.

Opportunities may include:

- Student leadership roles
- Peer mentorship
- Volunteer activities
- Cultural programming

- Community engagement initiatives

Interested students are encouraged to complete the [Volunteer Opportunities Interest Form](#).

The Northlands College Support Model

If you are struggling, feeling overwhelmed, experiencing barriers, or simply unsure where to start, begin by reaching out to someone.

Talk to:

- [Your Student Advisor](#)
- [Your Learning Hub Instructor](#)
- [An Elder-in-Residence or Knowledge Keeper](#)
- Your Instructor
- Your Program Assistant/Program Coordinator
- [Front Desk Staff](#)
- [The Registrar's Office](#)
- Information Technology personnel

You do not need to know exactly who can solve the problem.

Your responsibility is simply to reach out by [submitting a student request form](#)

Our responsibility is to help connect you with the right support.

That is what it means to put:

Students First.

Every Campus.

Every Student.

Every Time.

SECTION 5: ADMINISTRATIVE, REGISTRATION & FINANCIAL SERVICES

Understand the processes that support your student record and funding.

Registration, student records, funding documentation, tuition, and financial questions involve several people and service areas. Advisors, Program Assistants, and Program Coordinators may help students review registration forms and understand program implications before completed documents are sent to Registrar Services for processing. Registrar Services manages admissions, registration processing, records, enrolment verification, forms, and related documentation. The Finance Office handles tuition, payments, and money-related inquiries. Students should seek guidance before changing courses or withdrawing because those decisions may affect academic progress and funding.

Use this section when you want to:

- Understand application and registration processes.
- Update personal or academic information.
- Request enrolment or transcript-related direction.
- Find tuition, payment, sponsorship, or student-loan guidance.
- Understand the possible effects of changing or withdrawing from courses.



[Continue Online](#)

Scan for admissions, registration, records, forms, enrolment verification, transcript direction, and funding-related documentation. Northlands brokers many programs, so some transcripts, credentials, graduation, or convocation processes may be managed by the partner institution that issues the credential.

Your Academic Record Starts Here

The Registrar's Office plays a central role in supporting your educational journey.

The Registrar is responsible for maintaining student records and supporting many of the administrative processes connected to your studies.

While the Registrar's Office maintains official student records and processes registrations, many students begin the registration process by working with Program Coordinators, Student Advisors, or Program Assistants to review forms, discuss program requirements, and ensure documents are complete before submission.



Services Provided by the [Registrar](#)

The [Registrar's Office](#) assists students with:

- Admissions
- Registration (in coordination with your academic advisor, program assistant, and/or program coordinator)
- Scholarships and awards
- Student records
- Official transcripts
- Graduation applications

- Student status verification
- Academic documentation

Admissions

Admissions staff assist prospective students through the application process.

Students should carefully review:

- Admission requirements
- Program prerequisites
- Application deadlines
- Required documentation

Registration

Registration confirms your place in a program or course.

Students are responsible for ensuring that:

- Registration requirements are complete.
- Personal information is accurate.
- Program information is correct.

Student Records

The College maintains an official academic record for every student.

Your student record may include:

- Personal information
- Enrolment history
- Academic standing
- Grades
- Credentials awarded

Students are responsible for ensuring that personal information remains current.

Transcripts and Official Documents

Students may request:

- Official transcripts for select programs
- Confirmation of enrolment
- Graduation documentation
- Academic verification letters

Requests should be submitted to the Registrars' Office using the Document Request Form.

Student Loans and Sponsorships

Many students access funding through:

- Provincial student loans
- Federal student loans
- Indigenous sponsorship programs
- Community sponsors
- Employer sponsorships
- College bursary and scholarships



Scan the QR code to learn more about **Financial Assistance** available to you.

Students should remain aware of all funding requirements, deadlines, and reporting obligations. Visit the [Financial Assistance](#) page of the Student Hub for more information.



A student receiving multiple awards at a NLC Scholarship ceremony

Privacy and Confidentiality

Northlands College respects the confidentiality of student information.

Student records are protected according to applicable legislation, policies, and privacy requirements.

Information will not generally be released without appropriate authorization.

Course Changes and Withdrawals

Students considering:

- Adding courses
- Dropping courses
- Changing programs
- Withdrawing

should consult with their [Academic Advisor](#) and Program Coordinator before making decisions.

These changes may affect:

- Academic standing
- Sponsorship funding
- Student loans
- Graduation timelines

Tuition and Fees

Students are responsible for understanding:

- Tuition requirements
- Payment deadlines
- Applicable fees
- Refund policies

Questions regarding fees should be directed to the appropriate College office.

Graduation

Graduation is the celebration of your hard work, dedication, and achievement.

Students should apply according to established timelines and ensure all requirements are completed before graduation.



SECTION 6: ACADEMIC SUCCESS GUIDE

Build the habits, skills, and confidence that help you succeed.

Academic success develops through preparation, persistence, participation, organization, and timely support. This section provides practical strategies for managing time, studying effectively, understanding assignments, preparing for assessments, using learning technology, maintaining academic integrity, and responding when coursework becomes difficult. Students do not need to be failing before using academic support. The Learning Hub is available to help students strengthen coursework, build confidence, use Moodle and other learning tools, and prepare for future employment.

Use this section when you want to:

- Improve study, writing, organization, or exam-preparation skills.
- Develop a realistic academic plan.
- Get help with an assignment or difficult course concept.
- Learn to use Moodle and other learning tools.
- Understand responsible AI use and academic integrity.

[Continue Online](#)



Scan to book [Learning Hub](#) support for tutoring, study strategies, Moodle and digital tools, workshops, resumes, interviews, and career readiness. Support is available virtually from any campus, in person at Canoe Campus, and onsite elsewhere by arrangement.

Your Success Starts Here

Success in college is about more than intelligence or natural ability.

Successful students develop habits, routines, skills, and support networks that help them achieve their goals.

At Northlands College, we believe every student can succeed when they are prepared, supported, and willing to ask for help when needed.

Success is not about perfection.

Success is about progress.

Every assignment completed, every question asked, every class attended, and every challenge overcome is a step forward.

What Successful Students Have in Common

Successful students:

- Attend classes regularly.
- Participate actively in learning.
- Create effective routines.
- Stay organized.
- Ask questions.
- Seek support early.
- Learn from mistakes.
- Build positive relationships.
- Take responsibility for their academic progress.

Successful students understand that education is a journey rather than a destination.

Understanding College Learning

College learning is different from high school learning.

Students are expected to:

- Take greater responsibility for learning.
- Manage their own schedules.
- Meet deadlines independently.
- Participate actively in class.
- Seek assistance when needed.
- Balance competing priorities.

While instructors provide guidance and support, students play the primary role in managing their educational success.

Setting Goals for Success

Taking time to establish clear goals can help students remain motivated throughout the academic year.

Consider the following questions:

Academic Goals

What do I want to accomplish this semester?

Personal Goals

How do I want to grow as a person?

Career Goals

How will my education support my future career plans?

Wellness Goals

What can I do to maintain healthy balance throughout the year?

Reflection Exercise

My top three goals for this year are:

1. Click or tap here to enter text.
2. Click or tap here to enter text.
3. Click or tap here to enter text.

Time Management

Time management is one of the strongest predictors of student success.

Many students balance:

- Family responsibilities
- Employment
- Community commitments
- Travel
- Coursework
- Personal obligations

Creating a schedule helps students manage these competing priorities.

Time Management Tips

- Use your student planner regularly.
- Review deadlines weekly.
- Break large assignments into smaller tasks.
- Start assignments early.
- Schedule study time.
- Set realistic priorities.

Effective Study Strategies

Studying effectively is more important than studying longer.

Successful study techniques include:

Review Frequently

Review notes regularly rather than waiting until exams.

Study in Short Sessions

Short, focused study periods are often more effective than long study sessions.

Practice Recall

Test yourself regularly to strengthen understanding and memory.

Teach Others

Explaining concepts to another person often improves understanding.

Reduce Distractions

Create a study environment that allows you to focus.

Learning with the [Learning Hub](#)

[The Learning Hub](#) is an important partner in student success.

[Learning Hub](#) Instructors can help students develop:

- Study strategies
- Academic skills
- Time management skills
- Organizational skills
- Digital literacy skills
- Moodle navigation skills
- Career exploration skills
- Employment readiness skills

[The Learning Hub](#) is not only for students who are struggling academically.

It is a resource for any student seeking to strengthen skills, improve confidence, explore career pathways, or enhance academic performance.



Students using the communal computers in the La Ronge-based Learning Hub

Moodle and Online Learning Success

Many programs use Moodle to support learning.

Students are encouraged to become familiar with:

- Accessing Moodle
- Locating course materials
- Viewing grades
- Submitting assignments
- Participating in online activities

Learning Hub Instructors and Information Technology personnel can assist students who need support accessing or navigating Moodle.

Academic Integrity

Integrity is one of the core values of Northlands College.

Academic integrity means:

- Completing your own work.

- Acknowledging the work of others.
- Using sources appropriately.
- Following instructor expectations.
- Acting honestly.

Academic integrity builds trust and supports a fair learning environment.

Using Artificial Intelligence Responsibly



Artificial intelligence tools are becoming increasingly common in education and workplaces.

Students should:

- Follow instructor expectations.
- Use AI responsibly.
- Verify information for accuracy.
- Continue developing independent thinking skills.
- Maintain academic integrity at all times.

When uncertain, students should discuss expectations with their instructor.

When Challenges Arise

Every student experiences challenges.

Support is available.

If you are struggling:

- Speak with your instructor.
- Connect with your Student Advisor.
- Meet with a Learning Hub Instructor.
- Reach out to an Elder-in-Residence or Knowledge Keeper.
- Contact your Program Coordinator.
- Ask questions.

Seeking support early often leads to better outcomes.

SECTION 7: STUDENT RESPONSIBILITIES, CONDUCT & FIT FOR LEARNING

Learn safely, respectfully, responsibly, and with integrity.

Every student has the right to learn in an environment that is respectful, safe, inclusive, and supportive. Every student also has responsibilities that protect the learning, safety, and dignity of others. This section explains expectations for attendance, behaviour, academic integrity, respectful communication, fitness for learning, and participation in College activities. It also explains how concerns may be addressed, when a student may be removed from a learning activity, and how students can seek clarification or access applicable review and appeal processes.

Use this section when you want to:

- Understand your rights and responsibilities.
- Know what “fit for learning” means.
- Understand expectations involving alcohol, cannabis, medications, or other substances.
- Learn what behaviour may disrupt safety or learning.
- Understand conduct, discontinuation, and appeal pathways.

[Continue Online](#)



Scan if you need help understanding where to bring a concern or which College support may be appropriate.

Learning Together

Northlands College is committed to creating learning environments that are respectful, safe, inclusive, and supportive.

Rights and responsibilities work together to create positive educational experiences for everyone.

Every student has both rights and responsibilities as a member of the College community.



A group of dancers join hands together at Culture Days 2025

Student Rights

As a student, you have the right to:

Respect

Be treated fairly, respectfully, and with dignity.

Safety

Learn in an environment that promotes physical, emotional, and psychological safety.

Accessibility

Access services and accommodations consistent with College policies and applicable legislation.

Fair Evaluation

Receive clear information regarding academic expectations and assessment methods.

Privacy

Have personal information handled in accordance with applicable privacy requirements.

Support

Access available supports designed to promote student success and wellbeing.

Student Responsibilities

Students are expected to:

- Attend classes regularly.
- Participate actively.
- Communicate respectfully.
- Follow College policies.
- Maintain academic integrity.
- Respect College property.
- Contribute positively to the learning environment.
- Take responsibility for their actions and decisions.

Respectful Learning Environments

Northlands College values diversity and promotes a culture of inclusion.

Students contribute to positive learning environments by:

- Respecting differences.
- Engaging in constructive dialogue.
- Demonstrating professionalism.
- Treating others with dignity and courtesy.
- Resolving conflicts respectfully.

Fit for Learning

Learning Safely, Respectfully, and Responsibly

Northlands College is committed to providing learning environments that promote safety, respect, wellbeing, and success for all students, employees, clients, community partners, and members of the public.

To participate successfully in a learning environment, students must be **fit for learning**.

Being fit for learning means arriving prepared to participate safely, respectfully, and effectively in all educational activities, including:

- Classrooms
- Skills labs
- Shops
- Field experiences
- Practicums
- Clinical placements
- Work-integrated learning experiences
- Community-based training
- Online learning environments
- Student activities and College-sponsored events

Being fit for learning supports both individual success and the collective wellbeing of the broader College community.

What Does "Fit for Learning" Mean?

Students are expected to arrive in a condition that allows them to:

- Participate fully in learning activities.
- Follow directions and instructions.
- Demonstrate sound judgment.
- Maintain professional conduct.

- Meet safety expectations.
- Respect the rights of others.
- Contribute positively to the learning environment.

Students who are fit for learning are able to engage safely and appropriately in academic, workplace, cultural, and community-based learning experiences.



Safety Is Everyone's Responsibility

Northlands College serves students across a wide range of educational settings.

Some programs involve:

- Tools and equipment
- Machinery
- Vehicles
- Laboratories
- Health-care environments
- Community work placements
- Vulnerable populations
- Safety-sensitive workplaces

In these settings, even a momentary lapse in judgment can have serious consequences.

For this reason, all students share responsibility for maintaining safe learning environments.



Alcohol, Cannabis, and Other Substances

Students must not attend classes, labs, shops, practica, clinical placements, field experiences, College activities, or other learning environments while impaired by:

- Alcohol
- Cannabis
- Illegal substances
- Misuse of prescription medications
- Misuse of over-the-counter medications
- Any other substance that affects a student's ability to participate safely and appropriately

Impairment may create risks not only for the individual student but also for classmates, instructors, employees, clients, patients, community members, and workplace partners.

Students are expected to take personal responsibility for ensuring they are fit to participate in all learning activities.

Recognizing Impairment

Impairment may present differently from one individual to another.

Examples may include:

- Difficulty focusing or concentrating
- Slurred speech
- Unsteady movement
- Aggressive behaviour
- Extreme drowsiness
- Significantly altered behaviour
- Difficulty following instructions
- Safety concerns
- Behaviour that interferes with learning

These examples are not exhaustive.

College personnel may act whenever there are reasonable concerns that a student's condition may affect safety, wellbeing, or participation.

If Concerns Arise

Northlands College has a responsibility to respond when concerns arise about a student's ability to participate safely or appropriately.

Depending on the circumstances, students may be:

- Asked to meet with an instructor, Program Coordinator or College representative.
- Referred to a Student Advisor.
- Referred to an Elder-in-Residence or Knowledge Keeper.
- Connected with available support services.
- Asked to leave a learning environment for safety reasons.
- Subject to further review under applicable College policies and procedures.

The primary goal is always to maintain safety while supporting student success wherever possible.

Support Before Discipline

Northlands College recognizes that students may experience personal challenges that affect their ability to succeed academically.



Whenever appropriate, the College seeks to provide support, guidance, and opportunities for students to access resources that may help them address challenges and return to learning successfully.

Students are encouraged to seek assistance early if they are experiencing difficulties related to:

- Alcohol or substance use
- Mental health concerns
- Personal or family challenges
- Stress or burnout
- Housing insecurity
- Financial pressures

- Other circumstances affecting academic success

Support may be available through Student Advisors, Learning Hub Instructors, Elders-in-Residence, Knowledge Keepers, instructors, Counsellors, and community-based resources.

Professional and Respectful Behaviour

Students are expected to contribute to learning environments that are safe, respectful, and productive.

Students are expected to:

- Treat others with dignity and respect.
- Follow reasonable directions from College personnel.
- Communicate appropriately.
- Participate without disrupting learning.
- Respect cultural teachings and protocols.
- Respect College property and resources.
- Demonstrate professionalism in classes, online learning environments, and placements.

Professional behaviour is an important part of preparing for employment and community leadership.

Examples of Unacceptable Behaviour

Examples of behaviour that may not be consistent with College expectations include:

- Verbal abuse or intimidation
- Harassment or discrimination
- Threatening behaviour
- Bullying or cyberbullying
- Repeated classroom disruptions
- Refusal to follow reasonable directions

- Damage to College property
- Possession or use of prohibited substances
- Behaviour that compromises safety
- Behaviour that interferes with the learning of others

These examples are provided for guidance and are not intended to be an exhaustive list.

Progressive Responses to Concerns

The College's response will depend on the nature, severity, frequency, and impact of the concern.

Responses may include:

- Informal conversations
- Coaching and guidance
- Referrals to support services
- Behavioural expectations agreements
- Temporary removal from learning activities
- Formal conduct processes
- Academic or administrative review
- Other actions consistent with College policies and procedures

The College seeks to balance student support, accountability, fairness, and community safety.

Temporary Removal from Learning Activities

There may be circumstances where a student is temporarily unable to participate in a class, lab, practicum, clinical placement, field experience, or other learning activity.

Temporary removal may occur when there are concerns regarding:

- Safety
- Conduct

- Impairment
- Professional suitability
- Fitness for learning

Such actions are intended to protect all individuals involved while concerns are reviewed and appropriate next steps are determined.

Discontinuation and Further Review

In some situations, concerns related to academic performance, conduct, safety, professional requirements, or fitness for learning may result in more formal review processes.

Where applicable, students may be subject to decisions regarding:

- Academic standing
- Program continuation
- Practicum participation
- Clinical placement eligibility
- Program discontinuation
- Other actions permitted under College policies

Students will be informed of applicable processes and available options.

Student Appeals

Northlands College is committed to procedural fairness and transparency.

Students have the right to seek clarification, request review of decisions, and access formal appeal processes where applicable.

Students are encouraged to:

1. Discuss concerns as early as possible.
2. Seek clarification regarding decisions.
3. Review relevant College policies and procedures.

4. Follow established appeal timelines and processes.

The College is committed to ensuring that decisions are made fairly, consistently, and respectfully.

Our Shared Commitment

Being fit for learning is not only about individual success.

It is about creating learning environments where everyone can thrive.

When students arrive prepared, engaged, respectful, and ready to learn, they contribute to safer classrooms, stronger learning communities, and a more positive experience for everyone.

At Northlands College, we all share responsibility for maintaining learning environments that support student success, community wellbeing, and the values of accountability, integrity, respect, and care for one another.

Academic Conduct

Students are expected to:

- Complete their own work.
- Participate honestly in assessments.
- Follow instructor expectations.
- Use technology responsibly.
- Respect intellectual property.

Violations of academic integrity may result in disciplinary action.

Non-Academic Conduct

Students are expected to conduct themselves responsibly in classrooms, campuses, residences, online environments, placements, and College-sponsored activities.

Behaviour that threatens safety, wellbeing, learning, or community standards may be subject to College review and response.

Student Concerns, Complaints and Appeals

Students are encouraged to address concerns respectfully and promptly.

Whenever possible:

1. Speak directly with the individual involved.
2. Seek clarification.
3. Consult your instructor, [Student Advisor](#), Program Coordinator, or appropriate College representative.
4. Follow established complaint or appeal procedures where necessary.

SECTION 8: SAFETY, SECURITY & EMERGENCY PREPAREDNESS

Know what to do before an emergency happens.

Safety is a shared responsibility. Students should know how to contact emergency services, leave a building safely, report a safety or security concern, respond to severe weather, and travel safely in northern conditions. This section provides general emergency guidance and campus safety expectations. Campus-specific emergency exits, muster points, safety procedures, and local contacts should always be reviewed during orientation because they may differ by building and community.

Use this section when you want to:

- Find emergency and crisis telephone numbers.
- Understand evacuation and fire-safety expectations.
- Report violence, threats, suspicious activity, or unsafe conditions.
- Prepare for northern winter travel.
- Create a personal emergency plan.

[Continue Online](#)



For immediate danger, call 911. Do not use an online request form for an emergency.

Your Safety Matters

A safe learning environment supports student success.

Northlands College is committed to maintaining safe and respectful learning environments across all campuses, learning centres, community delivery locations, and online learning environments.

Safety is a shared responsibility.

Every member of the College community contributes to a safe and healthy environment.

Emergency Preparedness

Students should familiarize themselves with:

- Emergency exits.
- Evacuation procedures.
- Fire alarm procedures.
- Emergency assembly points.
- Campus-specific safety information.

Students should know what to do before an emergency occurs.



Fire Safety

If a fire alarm sounds:

- Stop what you are doing.
- Exit the building immediately.
- Use designated exits.
- Proceed to assembly areas.
- Follow instructions provided by emergency personnel.

Never ignore a fire alarm.

Medical Emergencies

If a serious medical emergency occurs:

- Call emergency services immediately.
- Notify College personnel.
- Follow emergency procedures.
- Remain calm and provide assistance only if safe to do so.

Mental Health and Wellness Emergencies

Sometimes students experience emotional distress, crisis situations, or urgent mental health concerns.

If you or someone else requires immediate support:

- Contact emergency services if there is immediate danger.
- Notify a College representative.
- Reach out to available crisis resources.
- Connect with your [Student Advisor](#), Counsellor, [Elder-in-Residence](#), or other trusted support person as soon as possible.

Personal Safety

Students are encouraged to:

- Be aware of their surroundings.

- Trust their instincts.
- Travel safely.
- Report safety concerns.
- Maintain professional boundaries.
- Respect community safety practices.

Northern Travel Safety

Many Northlands College students travel significant distances.



An NLC vehicle drives on a gravel northern road

Students should:

- Monitor weather conditions.
- Allow additional travel time.
- Inform others of travel plans when appropriate.
- Ensure vehicles are prepared for northern conditions.
- Carry emergency supplies during winter travel.

Violence, Harassment and Discrimination

Northlands College is committed to maintaining environments free from violence, harassment, bullying, and discrimination.

All students deserve to:

- Feel safe.
- Be treated respectfully.
- Learn free from harassment.
- Participate without fear of discrimination.

Concerns should be reported through established College procedures.

Safety Begins with Community

Creating safe learning environments requires cooperation, respect, communication, and shared responsibility.

At Northlands College, we look out for one another.

When we care for ourselves, our classmates, our colleagues, and our communities, we contribute to a safer and healthier College experience for everyone.



A group of Pow Wow Dancers, staff, and community join hands at Culture Days 2025

SECTION 9: WELLNESS & BELONGING

Your wellbeing is part of your success.

College can bring change, new responsibilities, stress, pride, opportunity, and uncertainty. Wellness involves physical, mental, emotional, spiritual, cultural, relational, and community wellbeing. This section helps you recognize stress, build healthy routines, strengthen connections, support balance, and identify when additional help may be needed. Students are encouraged to reach out early, whether the concern involves mental health, grief, family difficulties, substance use, accessibility, loneliness, housing, or another barrier.

Use this section when you want to:

- Develop a personal wellness plan.
- Recognize stress, burnout, or isolation.
- Connect with cultural or spiritual support.
- Learn where to begin when wellbeing affects your studies.
- Find accessibility, housing, or community wellbeing resources.

[Continue Online](#)



Scan for residence information, housing applications, community housing guidance, daycare contacts, and related wellbeing supports. Northlands currently lists residence options in La Ronge, Buffalo Narrows, and Creighton and directs housing inquiries through housing@northlandscollege.sk.ca.

Success Starts with Wellness

Student success involves more than grades, assignments, and credentials.

Students are more likely to succeed when they feel healthy, supported, connected, and valued.

At Northlands College, wellness is viewed as a balance between the mental, emotional, physical, spiritual, cultural, and social aspects of life.



A medicine wheel rug in the outdoor Culture Space at the Canoe Campus in La Ronge

Just as every student's educational journey is unique, wellness looks different for each individual.

There will be times when you thrive and times when you struggle.

What matters most is recognizing when you need support and knowing that support is available.

Wellness Through Balance

The Indigenous Student Success Framework introduced the concept of balance through the Medicine Wheel.

This same understanding of balance applies to wellness.

When one aspect of our lives is struggling, it can affect many other areas.

Wellness often requires caring for multiple areas of life at the same time.

Mental Wellness

Mental wellness involves:

- Learning and growth
- Problem-solving
- Decision-making
- Coping with challenges
- Maintaining focus and motivation

Students can support their mental wellness by:

- Setting realistic goals.
- Staying organized.
- Taking breaks.
- Asking questions.
- Seeking academic assistance when needed.

Emotional Wellness

College can bring excitement, pride, anxiety, stress, disappointment, and uncertainty.

All of these emotions are normal.

Students can support emotional wellness by:

- Talking with trusted individuals.
- Building positive relationships.
- Seeking support when needed.
- Practicing self-care.
- Recognizing signs of stress and burnout.

Physical Wellness

Taking care of your physical health can improve concentration, memory, stress management, and overall wellbeing.

Students are encouraged to:

- Get adequate sleep.
- Eat nutritious meals.
- Stay hydrated.
- Remain physically active.
- Attend medical appointments when needed.

Spiritual Wellness

Spiritual wellness can include:

- Connection to culture.
- Connection to community.
- Personal values.
- Traditions and teachings.
- Time spent on the land.
- Personal reflection and purpose.

Students are encouraged to explore what brings meaning and balance to their lives.

Cultural Wellness

Culture is a source of strength, identity, resilience, and belonging.

Students are encouraged to:

- Participate in cultural activities.
- Connect with Elders and Knowledge Keepers.
- Celebrate cultural traditions.
- Learn about their own cultures and those of others.

- Engage respectfully in cultural learning opportunities.

Building a Sense of Belonging

Students who feel connected to their learning community are more likely to succeed.

Belonging can be built through:

- Relationships with classmates.
- Positive interactions with instructors.
- Connecting with Advisors and Learning Hub staff.
- Participating in events and activities.
- Building relationships with Elders and Knowledge Keepers.

At Northlands College, every student should feel welcomed, respected, and valued.



Ribbon Pillows in the NLC Cultural spaces reflect feelings of belonging

When You Need Help

Life can be challenging.

Many students experience:

- Stress
- Anxiety
- Family pressures
- Financial concerns
- Grief and loss
- Personal challenges

If you are struggling, talk to someone.



Scan to learn more about [Accessibility Services](#)

You might start with:

- [The Student Services & Engagement Hub](#)
- Your [Student Advisor](#)
- A Counsellor
- A [Learning Hub Instructor](#)
- [An Elder-in-Residence or Knowledge Keeper](#)
- An Instructor
- Your Program Coordinator
- A trusted staff member

Asking for help is a sign of strength.

Wellness Reflection

Take a moment to reflect.

What helps me feel my best?

Click or tap here to enter text.

Who can I turn to when I need support?

Click or tap here to enter text.

What is one wellness goal I have for this semester?

Click or tap here to enter text.

SECTION 10: FINANCIAL WELLNESS

Plan early, ask questions, and understand your obligations.

Financial pressure can affect concentration, attendance, housing, food security, and academic decisions. This section helps students understand educational costs, create a realistic budget, keep financial records, explore funding options, and recognize when a course-load or withdrawal decision could affect funding. Finance is the primary contact for tuition, payments, and money-related inquiries. Advisors can help students consider the academic and funding implications of program or course decisions.

Use this section when you want to:

- Build a student budget.
- Understand tuition and payment responsibilities.
- Explore student loans, sponsorship, PTA, scholarships, or bursaries.
- Prepare for delayed or insufficient funding.
- Understand the financial implications of changing your enrolment.

[Continue Online](#)



Scan to explore student loans, Indigenous sponsorship funding, Provincial Training Allowance, scholarships, awards, and connected student supports.

Understanding the Cost of Education

Financial wellness is an important part of student success.

Managing finances effectively can reduce stress and help students focus on their studies.

Many students balance:

- Tuition costs
- Living expenses
- Transportation
- Family responsibilities
- Housing costs
- Educational supplies

Planning ahead can help students make informed financial decisions.

Understanding Financial Responsibilities

As a student, you are responsible for understanding:

- Tuition costs
- Payment deadlines
- Program-related fees
- Funding requirements
- Financial obligations related to sponsorships and student loans

Questions related to tuition, fees, payments, and financial accounts should be directed to the Finance Office.

The Finance Office is the primary resource for financial inquiries.

Student Loans

Student loans can help eligible students access educational opportunities.

Students who receive student loans are encouraged to understand:

- Application requirements
- Maintaining eligibility
- Reporting requirements
- Repayment responsibilities

Student Advisors can help students understand how academic decisions may impact student funding, while the Finance Office can assist with financial processes and requirements.

Visit the [Financial Assistance](#) page on the Student Services & Engagement website for more information.

Sponsorship Funding

Many Northlands College students receive support from:

- First Nations organizations
- Métis organizations
- Employers
- Government programs
- Community organizations
- Other sponsors

Visit the [Financial Assistance](#) page on the Student Services & Engagement website for more information.



Students are responsible for understanding the requirements of their funding arrangements and maintaining communication with sponsors.

Scholarships and Bursaries

Students are encouraged to explore scholarship and bursary opportunities throughout their studies.

Scholarships and bursaries may recognize:

- Academic achievement
- Community involvement
- Leadership
- Financial need
- Program-specific accomplishments

Never assume you are not eligible to apply.

Visit the [Financial Assistance](#) page on the Student Services & Engagement website for more information.



Creating a Budget

A budget is a plan for how you will use your financial resources.

A budget can help you:

- Reduce financial stress.
- Plan ahead.
- Avoid unnecessary debt.
- Reach financial goals.

Students may wish to track:

- Income
- Housing costs
- Food
- Transportation
- Childcare
- Educational supplies
- Savings

Financial Wellness Tips

- Know your deadlines.
- Keep important financial records.
- Ask questions early.
- Monitor spending.
- Plan for unexpected expenses.
- Seek assistance when concerns arise.

Good financial habits developed today can support long-term success.

SECTION 11: CAREER & EMPLOYMENT READINESS

Connect your education with your next opportunity.

Career development begins before graduation. This section helps students identify strengths and interests, research career options, develop employment materials, prepare for interviews, build professional habits, and understand how one Northlands program may lead to another. Students in Adult Basic Education are encouraged to consider post-secondary, university, trades, health, technology, and other pathways that fit their interests and entrance requirements. Program laddering allows students to see their current program as one step in a longer educational and career journey.

Use this section when you want to:

- Explore careers or further education.
- Prepare a resume or cover letter.
- Practice interview and workplace communication skills.
- Identify transferable and employability skills.
- Build an educational pathway beyond your current program.

[Continue Online](#)



Scan for career-readiness support, including resumes, cover letters, interviews, job-search preparation, workshops, academic support, and digital learning assistance.

Building Your Future

Most students come to Northlands College because they want to improve opportunities for themselves, their families, and their communities.

Your education is an investment in your future.

Career development does not begin at graduation.

It begins when you first start exploring your strengths, interests, goals, and opportunities.

Career Development Starts Early

Students are encouraged to begin thinking about career goals during their first semester.

Career planning can help students:

- Stay motivated.
- Make informed decisions.
- Identify opportunities.
- Develop professional skills.
- Connect education with employment goals.

The Role of the Learning Hub

The Learning Hub plays an important role in helping students prepare for future employment.

Learning Hub Instructors can assist students with:

Career Exploration

- Identifying interests and strengths
- Exploring occupations
- Setting career goals
- Researching employment opportunities

Employment Readiness

- Resume development
- Cover letters
- Interview preparation
- Professional communication
- Workplace expectations

Career Planning

- Education-to-employment pathways
- Career action planning
- Employment preparation strategies

Students are encouraged to access these supports throughout their studies.

Developing Employability Skills

Employers consistently value transferable skills such as:

- Communication
- Teamwork
- Problem solving
- Critical thinking
- Reliability
- Adaptability
- Leadership
- Professionalism

These skills are developed both inside and outside the classroom.

Workplace Professionalism

Professionalism involves:

- Being dependable
- Arriving on time
- Respecting others
- Communicating effectively
- Taking responsibility
- Demonstrating integrity

The habits students develop at Northlands College often become workplace habits after graduation.

Networking and Relationship Building

Many career opportunities emerge through relationships.

Students should take opportunities to connect with:

- Instructors and Program Coordinators
- Elders and Knowledge Keepers
- Community members
- Industry representatives
- Employers
- Alumni

Building positive relationships can create opportunities long after graduation.

Preparing for Employment

Before graduation, students should consider:

- ☐ Updating their resume
- ☐ Preparing a cover letter
- ☐ Practicing interview skills
- ☐ Requesting references

- ☐ Identifying employment goals
- ☐ Researching employment opportunities
- ☐ Building professional networks

Lifelong Learning

Graduation is not the end of learning.

Successful careers often involve:

- Ongoing training
- Professional development
- New certifications
- Skill development
- Personal growth

Northlands College encourages students to view learning as a lifelong journey.

Building Your Educational Pathway

Instead of viewing graduation as the end of learning, Northlands College encourages students to think about education as a journey made up of multiple pathways and opportunities.

Many students continue building their education after completing a program.

For example, students may:

- Move from Adult Basic Education into a post-secondary program.
- Transition from upgrading into skilled trades training.
- Continue from certificate programs into diploma programs.
- Use University Studies as a pathway toward degree completion.
- Pursue additional credentials that support career growth and advancement.

Every educational step creates new opportunities.

Students are encouraged to discuss educational pathways with:

- [Student Advisors](#)
- [Learning Hub Instructors](#)
- Program Coordinators
- Instructors

These conversations can help students identify options that align with their goals, interests, and career aspirations.

Career Reflection

What type of work am I interested in?

Click or tap here to enter text.

What strengths will help me succeed?

Click or tap here to enter text.

What is one step I can take this semester to prepare for my future career?

Click or tap here to enter text.

SECTION 12: COMMUNITY LIVING, RESOURCE DIRECTORY & LOCAL SUPPORTS

Find practical help in the community where you study.

Moving to a northern community or beginning college in a new location requires practical planning. Housing, transportation, childcare, groceries, health care, banking, internet access, winter weather, and community services differ by location. This section provides local resources for the La Ronge and Air Ronge area, Buffalo Narrows, and Creighton and the surrounding service area. Use the directory before relocating and whenever a practical challenge affects your ability to attend, participate, or succeed.

Use this section when you want to:

- Locate health, crisis, housing, childcare, food, transportation, or family supports.
- Prepare before moving to a campus community.
- Identify local services and community realities.
- Find help when an external barrier affects school.
- Know who to contact when local information changes.

[Continue Online](#)



Scan to request support or find guidance relating to food security, housing, transportation, finances, funding delays, childcare, wellbeing, family responsibilities, events, or community resources.

You're Not Alone

Students sometimes face challenges that cannot be solved in the classroom.

You may need help with:

- [Housing](#)
- [Food security](#)
- [Childcare](#)
- [Transportation](#)
- Mental health supports
- Health services
- [Financial assistance](#)
- Family services
- Crisis intervention
- Legal resources

Northlands College works in partnership with communities throughout Northern Saskatchewan to help students connect with local supports and services.

Seeking help is a sign of strength.

If you are unsure where to begin, [send us a request form](#), speak with your [Student Advisor](#), Program Coordinator, Program Assistant, [Front Staff](#), [Learning Hub Instructor](#), [Elder-in-Residence/ Knowledge Keeper](#), or another trusted staff member.

Every student deserves support.

Quick Crisis & Emergency Contacts

Emergency Services

Emergency Police, Fire, Ambulance

Call 911

Call immediately if:

- Someone is injured
- There is a fire

- There is an overdose
- Someone is in immediate danger
- You feel unsafe

Emergency Services operate 24 hours per day.

Health & Crisis Support

Service	Contact
HealthLine Saskatchewan	811
Suicide Crisis Helpline	988
Kids Help Phone	1-800-668-6868
Hope for Wellness	1-855-242-3310
Residential School Crisis Line	1-866-925-4419
Wellness Together Canada	1-866-585-0445

BEFORE YOU MOVE TO A NORTHLANDS COMMUNITY

Students who are relocating for their studies should begin planning well before classes begin.

Important Questions to Ask

Housing

- Where will I live?
- Is housing secured?
- Is there a waiting list?
- Are utilities included?
- What furniture is provided?

Many northern communities experience housing shortages. Students should not assume accommodation will be available at the last minute.

Childcare

Students with children should:

- Contact [childcare](#) providers before classes begin.
- Ask about waitlists.
- Register early.
- Have a backup childcare plan.

Several campus communities report [childcare](#) as one of the most significant barriers to student success.

Transportation

Ask yourself:

- How will I get to campus?
- Is a vehicle required?
- Is public transportation available?
- What happens during winter storms?

[Transportation options](#) vary significantly between communities. Some communities have limited public transportation and no taxi services.

Funding & Finances

Before arriving, ensure that:

- Funding has been approved.
- Bank information is current.
- You have enough money for the first several weeks.
- A budget has been created.

Many students underestimate moving, housing, food, transportation, and childcare costs.

IF YOU NEED HOUSING HELP

Northlands College Housing

Northlands College provides [student housing](#) at multiple campus locations including:

- La Ronge
- Buffalo Narrows
- Creighton



Inside shot of a Student Housing Unit in La Ronge, Northern Saskatchewan

Priority may be given to out-of-town students and families. Students should apply as early as possible.

Housing Challenges

The most common housing concerns include:

- Limited rental availability
- Long waitlists
- Transportation from housing to campus
- Utility costs
- Furnishing accommodations

Students who are concerned about housing should speak with Student Services before a crisis occurs.

IF YOU NEED FOOD SUPPORT

Many students occasionally experience [food insecurity](#).

If you are struggling to access food:

- Speak with [Student Services](#).
- Contact local food banks.
- Contact community organizations.
- Seek support before the situation becomes a crisis.

Examples of supports include:

- **Lac La Ronge Food Bank**
Phone: 306-425-1259
Distribution: Tuesdays, 2:00 PM – 4:00 PM.
- **Lord's Bounty Food Bank**
Flin Flon / Creighton Region
Phone: 204-687-7262.

HEALTH, WELLNESS & MENTAL HEALTH SUPPORTS

La Ronge Region

- **La Ronge Health Centre**
Emergency services available 24/7.
Phone: 306-425-2422.
- **Woodland Wellness Centre**
Phone: 306-425-9109
Toll-Free: 1-877-425-3450
 - Services may include:
 - Mental health support
 - Addictions support
 - Wellness programs
 - Cultural healing opportunities.

Creighton / Flin Flon Region

- **Flin Flon General Hospital**
Phone: 204-687-7591
Emergency Department available 24/7.
- **Flin Flon Primary Health Care Centre**
Phone: 204-687-1350.

INDIGENOUS SUPPORTS

Northlands College is committed to supporting Indigenous student success.

Students may [access](#):

- Elders-in-Residence
- Knowledge Keepers
- Cultural teachings
- Sharing circles
- Traditional wellness supports
- Cultural activities and events

Participation is always voluntary and respectful of individual identities, cultures, and beliefs.



FAMILY & CHILDCARE SUPPORTS

Students with children face unique responsibilities while pursuing higher education.

If you require support:

- Speak with your [Student Advisor](#).
- Contact local childcare providers.
- Explore childcare subsidies if eligible.
- Develop a backup childcare plan.

Students who lose childcare should notify their Program Coordinator or [Student Advisor](#) immediately so supports can be explored before attendance is impacted.



An NLC Early Childhood

Education Student at daycare in La Ronge

LA RONGE CAMPUS	CREIGHTON CAMPUS	BUFFALO NARROWS CAMPUS
La Ronge Child Care Co-Operative: 306-425-2692	Flin Flon Guidance Nursery: 204-687-5117	Home of the Little Eagles Day Care: 306-235-4226
Churchill Community High School Daycare Inc (Licensed): (306) 425-3994	Flin Flon Kiddie Korner Daycare Inc.: 204-687-6207	Kids First North: 306-235-5437
Mary Harman (Licensed homebased provider): 226-975-4434	Creighton Community Daycare /Smiling Hearts Daycare: 306-688-5437	Waskoosis Shelter-Meadow Lake: 306 236-5570

North Heaven Daycare (Licensed Homebased Provider): 306-420-0772	Home Child Care (Rachel): 204-687-4100	Kids First Friendship Center-Family Support: 306 235-5434/ 306235-4633
Sucker River Daycare: 306-425-2138	Home Child Care (Shannon): 204-687-1723	Ministry of Social Services: 306 235-1700
La Ronge Indian Band Day Care: (306) 425-4089	Home Child Care (Alesha Bonsant): 204-680-6995	
La Ronge Playschool: (306) 425-3822	Home Child Care (Jody Schamehorn-Galbraith): 204-271-1762	
Kikinahk Friendship Centre: 306-425-2051	Peter Ballantyne Child & Family Svc: 306-688-4448	
Lac La Ronge Indian Child & Family Services (ICFS): 306-425-5511/ 1-866-755-5554	Creighton and Area Family Support Network: 306-688-0049	
Early Years Family Resource Centre: 306-425-2229	Flin Flon Aboriginal Friendship Centre Inc: 204-687-3900	

WHEN LIFE GETS DIFFICULT

Every year, students experience:

- Family emergencies
- Relationship breakdowns
- Financial stress
- Housing concerns
- Grief and loss
- Mental health challenges
- Transportation breakdowns
- Childcare disruptions

These experiences are common.

You do not need to manage these challenges alone.

The earlier you ask for help, the more options may be available.

Waiting until a crisis develops often limits the support that can be provided.

CAMPUS COMMUNITY GUIDES

The following pages provide detailed information for the communities where Northlands College students study, live, and work.

Use the guide that applies to your campus location.

Understanding Community Supports

Community services exist to help people access resources, overcome barriers, and improve wellbeing.

Students may access community supports for:

Health

Medical clinics, community health centres, hospitals, and public health services.

Mental Health

Counselling, crisis intervention services, addictions supports, and wellness resources.

Housing

Housing authorities, emergency accommodation resources, and rental information.

Food Security

Community food programs, food banks, meal programs, and emergency food supports.

Family Support

Family resource centres, childcare services, parenting supports, and family wellness programs.

Emergency Services

Police, ambulance, fire services, emergency response supports, and crisis hotlines.

Local Resource Directory

La Ronge and Air Ronge

LA RONGE & AIR RONGE AREA						
Resource Type	Name	Contact Number	Contact Person	Address	Email id	Timing
Housing	Burns & Hall Apartments	Northlands College Student Residence	Visit the Housing & Wellbeing site		La Ronge	
	Bayview Apartments	306-425-0048	Sandy Bird (Manager)	98 Holmstrup St	sandy@safrimanagerment.com	
	Aurora Pines (Townhouses)	306-425-6909	Kelly Fiske	1343, 1351 & 1352 Studer Street		
	Bedrock Manor	306-922-0997/ 306-930-7200	Mike Vancoughnett	108 MacAuley Street		
	Lakeview Apartments	306-420-9075/ 306-425-8890	Moses Charles (Manager)/ Kelly Anderson (Owner)	99 Nunn Street		
	Quarry Apartments	(306) 207-0170		519 Studer Street	quarryrentals@gmail.com	
	Studer Street Duplexes/Triplexes	306-425-3013 / 877-234-5180	Sheila Woytowich	119 Tremblay Street	laronge.ha@gov.sk.ca	
	Sunrise Apartments	306-425-0048	Sandy Bird (Manager)	1503 & 1603 Bedford Drive	sandy@safrimanagerment.com	
	Tremblay Apartments	306-425-8895	A & L Carlson	108 Tremblay Street		
	Wasy Rentals	306-425-9597 / 306-425-7368	Nyle & Lana Wasylenchuk	87 Irving Street & 112 MacAuley Street	nyle_wasylenchuk@hotmail.com	
	La Ronge Mobile Home Park	306-425-2221	Tia Watt	1703 Bedford Drive		
	Smoke jumpers apt	306-425-2109	Jim & Anne Hryniuk	1408 La Ronge Ave		
	Stayte Holdings	306-425-0229	Carmen Vancoughnett	132 McKay Street	cvancoughnett@yahoo.com	
Child Care	Name	Contact Number	Contact Person	Address	Email id	Timing
	La Ronge Child Care Co-Operative	306-425-2692		1204 Hildebrandt street		Monday- Friday 8.00am - 6.00pm

	Churchill Community High School Daycare Inc (Licensed)	(306) 425-3994				Monday- Friday 8.00am - 6.00pm
	Mary Harman (Licensed homebased provider)	226-975-4434				
	North haven daycare (Licensed homebased provider)	306-420-0772				Monday- Friday 8.00am - 6.00pm
	Sucker River Daycare	(306) 425-2138		Sucker River First Nation, La Ronge		Monday- Friday 8.00am - 6.00pm
	Grandmother's Bay Headstart	(306) 635-2185		PO. Box 202		
	Grandmother's Bay Day Care	(306) 635-2211		PO. Box 202		
	Sen. Myles Day Care	(306) 425-4127		Bells point Road		
	La Ronge Playschool	(306) 425-3822		903 La Ronge Avenue		
	La Ronge Indian Band Day Care	(306) 425-4089		Po box 480,		
Transportation	Name	Contact Number	Contact Person	Address	Email id	Timing
	LA Family Taxi	306-425-3500		207 La Ronge Ave	https://familytaxi.ca/	
	Blue's Taxi/Towing	306-420-6330				
	Helicopter Charter And Rental Service			700 Poirier St	https://htsc.ca/	Monday-Sunday 8.00am - 5.00pm
	Rise Air Flight	306-425-2774		Norcanair Dr	https://www.cycvc.ca/home/ https://riseair.ca/	
Emergency Contacts	Name	Contact Number	who Qualifies	Address	Email id	Timing
	Emergency (Police, Fire, Ambulance)	Call 911	Anyone			24 by 7
	RCMP/Police	306-425-6730	All residents	1603 Bay Avenue		24 by 7
	Hospital/Health Centre (La Ronge Health Hospital)	306-425-2422 Walk-in, emergency or call health centre	All residents	227 Backlund St		24 by 7

	Saskatchewan HealthLine	call 811	All residents			24 by 7
	Suicide and Mental Crisis Helpline	Call 988	Anyone			24 by 7
	Kids Help	800-668-6868				24 by 7
	Hope for Wellness Helpline (First Nations & Inuit)	855-242-3310				
	Crisis Line (Saskatchewan Crisis Line)	306-425-4090	Anyone in distress			24 by 7
	Women's Shelter (Piwap an Wellness Centre)	306-425-3909	Women experiencing violence			24 by 7
	Youth Crisis Services (Canada Service Ctr For Youth)	306-425-6517	Youth in crisis			24 by 7
	Mental Health Crisis Line	Call 911	Anyone			24 by 7
Family Supports	Name	Contact Number	Contact Person	Address	Email id	Timing
	Kikinahk Friendship Centre	306-425-2051		320 Boardman Street	kikinahk@kikinahk.com	Mon- Fri 8.30am-9.00pm
	Lac La Ronge Indian Child & Family Services (ICFS)	306-425-5511/ 1-866-755-5554		1212 Kitsaki Reserve	laronge@icfs.ca	
	Early Years Family Resource Centre	306-425-2229		1372, La Ronge Ave		Mon- Fri 8.30am-4.30pm
Community Services	Name	Contact Number	Contact Person	Address	Email id	Timing
	Town of La Ronge	306-425-2066		1212 Hildebrand Dr	www.laronge.ca	Mon- Fri 8.30am-4.00pm
	Lac La Ronge Indian Child & Family	396-425-5511		1212 Highway 2	www.icfs.ca	Mon- Fri 8.30am-4.30pm
	Kikinahk Friendship Centre	306-425-2051		320 Boardman Street	kikinahk@kikinahk.com	Mon- Fri 8.30am-9.00pm
	Keewatin Community Development Association	306-425-4778		319 Husky Ave	office@kcda.ca	Mon- Fri 8.30am-5.00pm

	Canada Post			1016, la Ronge Ave	-	Mon- Fri 9.00am- 5.30pm
	Service canada	800-622-6232		503, La Ronge Ave	-	Mon- Fri 8.30am- 4.00pm
	Village of Air Ronge	306-425-2107 306-425-3108		123, Cressna st	villageoffice@airronge.ca	Mon- Fri 8.00am- 4.00pm
	La Ronge Indian Child & Family Services Prevention	306-425-5509		SK-2, Air Ronge	www.icfs.ca	Mon- Fri 8.30am- 4.30pm
Mental Health Services	Name	Contact Number	Contact Person	Address	Email id	Timing
	Saskatchewan Mental Health Svc	306-425-4567				
	Men of the North	639-470-3746		902, La Ronge Ave	www.menofthenorth.net	Mon- Sat 9.00am- 5.00pm
	STG Health Service Inc	306-518-8701		Saint Louis 431	www.larongeco.unselling.com	Mon- Sat 9.00am- 5.00pm
	LLRIB Health service	306-425-9109/ 1-877-425-3450				Mon- Fri 8.00am- 4.30pm
	La ronge Health Centre	306-425-2422		227 Backlund St		Mon- Fri 8.30am- 4.00pm
Indigenous / Cultural Supports	Name	Contact Number	Contact Person	Address	Email id	Timing
	Lac La Ronge Indian Band	306-425-2183		110 La Ronge Ave		Mon- Fri 8.30am- 4.30pm
	Keewatin Community Development Association	306-425-4778		319 Husky Ave	office@kcda.ca	Mon- Fri 8.30am- 5.00pm
	Village of Air Ronge	306-425-2107 306-425-3108		123, Cressna st	villageoffice@airronge.ca	Mon- Fri 8.00am- 4.00pm
	Town of La Ronge	306-425-2066		1212 Hildebrand Dr	www.laronge.ca	Mon- Fri 8.30am- 4.00pm
	Kikinahk Friendship Centre	306-425-2051		320 Boardman Street	kikinahk@kikinahk.com	Mon- Fri 8.30am- 9.00pm
Food Security Supports	Name	Contact Number	Contact Person	Address	Email id	Timing
	Lac La Ronge Food Bank	306-425-1259		719 La Ronge Avenue	laclarongefoodbank@gmail.com	Tue: 2.00pm- 4.00pm

Cross-Border Services	Name	Contact Number	Contact Person	Address	Email id	Timing
	La Ronge Service canada centre	800-622- 6232		503. La Ronge Ave		Mon- Fri 8.30am-4.00pm
	Hope for Wellness Helpline	1-855-242-3310			www.hopeforwellness.ca	24 by 7
	Non-Insured Health Benefits	1-866-885-3933				
Health Services	Name	Contact Number	Contact Person	Address	Email id	Timing
	La ronge Health Centre	306-425-2422		227 Backlund St		Mon- Fri 8.30am-4.00pm
	Jeannie Bird Health Clinic	1-306-425-3600		326-334 Wilson Charles Dr		Mon- Fri 8.00am-4.30pm
	Northlands College Dental Clinic	306-425-4666		207. Broadman St		
	La Ronge Medical Clinic	(306) 425-2174		809 La Ronge Ave		Mon- Fri 8.30am-5.00pm
	Boreal Dental Clinic	(306) 425-8090		115 McKay St		Mon- Thurs 9.00am-5.00pm
	Dr. Dany Malaxos (Dental)	(306) 425-2033		916 La Ronge Ave		Mon- Thurs 9.00am-5.00pm Fri 9am-3pm
Financial Supports	Name	Contact Number	Contact Person	Address	Email id	Timing
	La Ronge Service Centre	306-425-4544/ 1-800-567-4066		1328 La Ronge Avenue		Mon- Fri 8.00am-5.00pm
	LLRIB Social Development	306-425-4077		2301 Frances Roberts Street		Mon- Fri 8.00am-4.30pm
Business/ Services						
Restaurants	Name	Contact Number	Contact Person	Address	Email id	Timing
	A & W	307-425-3344		216, La Rongr Ave		Mon- Sun 7.00am-10.00pm
	Eddies Place	(306) 425-2655		722 La Ronge Ave		Mon- Sun 11.00am-9.00pm
	Ella's Kitchen	306-420-0802		511, Gibson St	ellareymagana@yahoo.com	
	Ice Cream Alley	306-425-9292		123, Hastings St		Mon- Sun 2.00pm-8.00pm

	Filibbeans Cafe	306-420-8588		516 La Ronge Ave		Mon-wed 10.00am- 6.00pm Sat- Sun 1.00pm- 6.00pm
	Cravings Late Night Food	306-425-2769		317, Husky Ave		Tue- Fri 4.00pm- 10.00pm
	Kay's Kitchen	647-643-7530		1120 Hildebrand Dr		Mon- Sun 12.00pm- 8.00pm
	KFC	(306) 425-3334		950 Boardman Street		Mon- Sun 10.30am- 11.00pm
	Kosta's Family Restaurant	306-425-2322		707, La Ronge Ave		Mon- Sat 11.00am- 11.00pm Sun 1pm-8pm
	Lavish Pizza & Family Restaurant	306-425-3300		412 La Ronge Ave		Mon- Sun 9.00am- 10.00pm
	Little Town Coffee Co	306-420-0957		808 La Ronge Ave		Mon- Sat 9.00am- 6.00pm
	Momma's Kitchen	306-425-2421		504 La Ronge Ave		Mon- Sun 11.00am- 7.00pm Tuesdays Closed
	Subway	306-425-2459		507 La Ronge Ave		Mon- Fri 7.00am- 10.00pm Sat- Sun 9.00am- 9.00pm
	Taco Time	306-425-1300		111, Brown St		Mon- Sun 11.00am- 10.00pm
	Vickie's Saigon Bistro	306-425-3866		719 La Ronge Ave		Mon- Fri 11.00am- 6.00pm
Grocery Stores	Name	Contact Number	Contact Person	Address	Email Id	Timing
	Giant Tiger	306-425-2173		612 La Ronge Ave		Mon- Sat 8.30am- 9.00pm Sun 11am- 8pm
	Lake Country Co-Op	306-425-2343		950, Broadman St		Mon- Sun 8.00am- 8.00pm
	Keethanow Corner Store located	306-425-5305		Queens St, Air Ronge		Mon- Fri 9.00am- 9.00pm Sat

						- Sun 9am - 6pm
	Red Apple Store	306-425-3310		1204 La Ronge Ave		Mon- Fri 9.00am-8.00pm Sat 10am -6pm Sun 11am-5pm
	Keethanow	306-425-5666		120 La Ronge Ave		Mon- Sun 9.00am-6.00pm
	La Ronge General Store	306-420- 7851		127, Broadman St		Mon- Fri 10.00am-6.00pm
Mechanics	Name	Contact Number	Contact Person	Address	Email Id	Timing
	Mayo Auto Clinic	306-425-3695		235 Backlund St		Mon- Fri 8.00am-5.00pm
	MacGiver's Pine Auto Care	306-425 -2195		704 Finlayson St		Mon- Fri 8.00am-5.00pm
	Caribou Automotive	306-425-3136		417 Fairchild St		

Buffalo Narrows

STUDENT HAND BOOK- BUFFALO NARROWS CAMPUS

Resource Type	Name	Contact Details	Contact Person	Location	Timing
Housing/ Accommodations	Northlands College Student Residence	Visit the Housing & Wellbeing site		Buffalo Narrows	
	Buffalo Narrows Housing Authority	306-235-4283		321 Lowe St, Buffalo Narrows	
	Janelle Pedersen	306-514-2268			
	Ron Pedersen	306-235-7795			
	Jolene Hanson	306-930-8774			
	Buffalo Lake House	306-235-7159/ 306-291-4363		1606 Sakwasew Street	
	Churchill Lake Guest House	306-235-4802		301 Buffalo St, Buffalo Narrows	
	Kiezie Channel Guesthouse	306-420-5513		913 Neilson St, Buffalo Narrows	
	Waterfront Inn	306-235-4830			
	Krows Nest Inn	306-235-4425		617 Cubby St, Buffalo Narrows	

	Lady Bug Lodge Guesthouse	604-818-6174		Pederson Ave, Buffalo Narrows	
	Bayside Guest House	306-235-7159			
	Pelican Tavern	306-235-4830		510 Buffalo St, Buffalo Narrows	
	Peter Pond	306-235-7080			
Child Care	Name	Contact Number	Contact Person	Location	Timing
	Home of the Little Eagles Day Care	306-235-4226			Monday to Friday 8 am to 5:30 pm
	Kids First North	306-235-5437		Highway 155, Buffalo Narrows.	
Transportation	Name	Contact Number	Contact Person	Address	Timing
	Jessa's/Jayla Taxi Service	306 235-7079			
	<i>Voyage Air</i>	306-235-4664	bjobrien@sasktel.net		
	Highways Hotline	844-754-4959			
Emergency Contacts	Name	Contact Number	who Qualifies	Address	Timing
	Health Line	Call 811			All day
	Poison Control	866-454-1212			
	Suicide Crisis Line	306-525-5333			
	Mental Health Crisis	888-737-4668			
	Sexual Assault Crisis	866-567-0055			
	Social Services	306-446-7705			
	Kids Help Phone	800-668-6868			
	Smoking Helpline	800-363-5864			
	Gambling Helpline	888-899-4357			
	RCMP	306-235-6660			8:00-5:00
	Emergency (Police, Fire, Ambulance)	call 911			All day
	Suicide and Mental Crisis Helpline	Call 988			All day
	Prov Youth Helpline	800-668-6868			Mon-Fri- 9:00-5:00
	Mental Health Helpline	811			All day
	Buffalo Narrows Health Center	306-235-6300			All day
	Victim Services	306-235-4910			All day
	North Battleford safe shelter	306-445-2742			

Family Supports	Name	Contact Number	Contact Person	Address	Timing
	Waskoosis Shelter-Meadow Lake	306 236-5570			All day
	Kids First Friendship Center-Family Support	306 235-5434/ 306235-4633			
	Ministry of Social Services	306 235-1700			Mon-Fri-8:00-5:00
Community Services	Name	Contact Number	Contact Person	Address	Timing
	Northern Municipal Services	306-235-1736			
	Canada Post	306-235-4202			
	Service Canada	800-622-6232			
	Social Services	306-235-1700			
	Buffalo Narrows Service Center	306-235-4822			
	Buffalo Narrow Friendship Center	306-235-4633			
	Buffalo Narrows Community Church	306-235-4464			
	Buffalo Narrows Village Office	306-235-4225			
	Saskatchewan Health Authority	306-235-6350			
Mental Health Services	Name	Contact Number	Contact Person	Address	Timing
	Mental Health Helpline	811			All day
	Buffalo Narrows Health Center	306-235-6300			All day
	Mental Health Crisis	888-737-4668			
	Sask Health Authority	306-235-7887			8:00-5:00 Mon-Fri
Indigenous / Cultural Supports	Name	Contact Number	Contact Person	Address	Timing
	Buffalo Narrows Village Office	306-235-4225			
	Buffalo Narrow Friendship Center	306-235-4633			
	Buffalo Narrows Community Church	306-235-4464			
Cross-Border Services	Name	Contact Number	Contact Person	Address	Timing
	Hope for Wellness Helpline	1-855-242-3310			All day
	Non-Insured Health Benefits	1-866-885-3933			
Health Services	Name	Contact Number	Contact Person	Address	Timing

	Wellness Centre/Addictions Treatment Services Saskatchewan Health Authority	306-235-6300			Mon-Fri- 9:00-5:00
	Northern Pharmacy	306-235-4344			
	Buffalo Narrows Health Center	306-235-6300			
Financial Supports	Name	Contact Number	Contact Person	Address	Timing
	Buffalo River Dene Nation's Band office	306-282-2113			
Business/ Services					
Restaurants	Name	Contact Number	Contact Person	Address	Timing
	Subway	306-235-9112		1346, Pederson Ave	Mon-Sun 7.00am- Midnight
	Tim Hortons	306-235-4396		1491, Pederson Ave	Mon- Sun 7.00am -11.00pm
	Buffalo Street Bistro	306-235-3663		1196, buffalo st	
	Sassy's Fast Foods Ltd	306-235-2288		1346, Pederson Ave	
	Debbie's Cafe	306-235-4237			Mon- Sat 11.00am -8.00pm
Grocery Stores	Name	Contact Number	Contact Person	Address	Timing
	Northern Grocery Store	306-425-4396		1491, Pederson Ave	Mon- Fri 8.00am -9.00pm Sat& Sun 10.00am-8.00pm
	Northern Retail Store	306-235-4204			
Mechanics	Name	Contact Number	Contact Person	Address	Timing
	Kinect Auto Corp.	306-425-2886		510 Buffalo St	Mon- Fri 8.30am -5.30pm

Creighton

CREIGHTON AREA					
Resource Type	Property Manager/ Landlord	Contact Details	Contact Person	Location	Timing
Housing	Northlands College Student Residence	Visit the Housing & Wellbeing site		Creighton	
	Lyle Lofgren	204-271-1240	Lyle Lofgren	Flin Flon	
	Wes Mote	204-271-1480	Wes Mote	Flin Flon	

	John Sturley	204-271-1112/ 204-687-7806	John Sturley	Flin Flon	
	Larry D'Aoust	204-271-1342	Larry D'Aoust	Flin Flon	
	Carla Wabick	204-687-5526	Carla Wabick	Flin Flon	
	Kelly Post	204-687-3603	Kelly Post	Flin Flon	
	Phillip & Alana Pretorius	204-687-8400		Flin Flon	
	Mike Barkett	204-687-2444	Mike Barkett	Flin Flon	
	Crystal Merton	204-271-4360	Crystal Merton		
	Jade Shepard	Facebook	Jade Shepard		
	Lori Kascak	lkascak@hotmail.com	Lori Kascak		
	Greg East	204-687-0754	Greg East		
	Mark Rowe	204-687-0735	Mark Rowe		
	Kyle Brown	Facebook	Kyle Brown		
	Lindsay Silve	204-330-6405	Lindsay Silve		
	Jodell Parker	jodiparker11@msn.com	Jodell Parker		
	Shawn Sexsmith	204-623-1954	Shawn Sexsmith		
	Northeast Housing Auth. Creighton	306-688-5521		Creighton	
	Allen Church	204-687-5775	Allen Church		
	John Sweryda	204-472-3229	John Sweryda		
	FF Friendship Centre	204-687-4332			
	Tom & Margaret Britton	306-688-7498	Tom & Margaret Britton		
	Dave Milton	204-687-7432	Dave Milton		
	Town of Creighton	306-688-8253			
	Overland Cross Country Lodge	306-362-2053			
	Abner	204-271-3445	Abner		
	Trevor & Aimee Altman Creighton	306-401-7185			
Child Care	Name	Contact Number	Contact Person	Other details	Timing
	Flin Flon Guidance Nursery	204-687-5117		only half a day. \$5 per session	8:30am - 12:00pm 12:45pm - 4:15pm
	Flin Flon Kiddie Korner Daycare Inc.	204-687-6207		Full-time, part-time, and flexible care \$18.80/day or \$9.40/half day	7:00am - 6:00pm

	Creighton Community Daycare /Smiling Hearts Daycare	306-688-5437	Heather Andres	Full-time, part-time, and flexible care Rates vary according to age of child	
	Home Child Care	204-687-4100	Rachel	Full and part-time	7:30am - 5:30pm
	Home Child Care	204-687-1723	Shannon		8:00am - 5:00pm
	Home Child Care	204-680-6995	Alesha Bonsant	\$35/day	
	Home Child Care	204-271-1762	Jody Schamehorn-Galbraith	Full time only \$375 bi-weekly	Monday – Friday 8am – 4pm 8:30am – 4:30pm
	Licensing a Child Care Facility	204-627-8311	Brenda Brown - Co-ordinator		
	Manitoba's Online Child Care Registry	Province of Manitoba education - Manitoba Child Care Search			
Transportation	Name	Contact Number	Contact Person	Address	Timing
	Kwik Kab	306-688-0003			
	Ty's Taxi	204-687-4441			
	City of Flin Flon Bus Service	204-681-7512			
	Creighton Connection	306-688-8253			
Emergency Contacts	Name	Contact Number	who Qualifies	Address	Timing
	Emergency (Police, Fire, Ambulance)	Call 911	Anyone		24 by 7
	RCMP/Police	306-688-8888.	All residents	499 Creighton Ave	24 by 7
	Creighton Health Centre	306-688-8620		298 1st Street E , Creighton	Monday- Sunday 8.00am -5.00pm
	Saskatchewan HealthLine	call 811	Anyone		24 by 7
	Suicide and Mental Crisis Helpline	Call 988	Anyone		24 by 7
	Hope for Wellness Helpline (First Nations & Inuit)	855-242-3310			24 by 7
	Kids Help	800-668-6868			24 by 7
	William W Creighton Youth Services, Creighton Youth Centre	807-548-8859		436 Rabbit Lake Rd, Kenora	24 by 7
	Creighton Health Centre	306-688-8620		298 1st St E, Creighton	Monday- Sunday 8.00am -5.00pm
	William W. Creighton Youth Services	807-766-2900		1014 Oliver Rd, Thunder Bay	24 by 7

	Flin Flon General Hospital	204-687-7591		Church St, Flin Flon	24 by 7
Family Supports	Name	Contact Number	Contact Person	Address	Timing
	Peter Ballantyne Child & Family Svc	306-688-4448		685, Bereskin Ave	Monday- Sunday 9.00am -5.00pm
	Creighton and Area Family Support Network	306-688-0049			
	Flin Flon Aboriginal Friendship Centre Inc	204-687-3900		57 Church St, Flin Flon	Monday- Friday 9.00am -5.00pm
Community Services	Name	Contact Number	Contact Person	Address	Timing
	Creighton Town Office	306-688-8253		300 1st St E, Creighton	Monday- Sunday 8.00am -8.00pm
		204-687-3900		57 Church St, Flin Flon	Monday- Friday 9.00am -5.00pm
	Denare Beach Band	306-362-2184		316 Spruce Street, Denare	
	Village of Denare Beach	306-362-2054		512 7th Ave, Denare Beach	9am-4:30pm Monday-Friday
	City of Flin Flon	204-681-7511		Beach	8am-4pm Monday-Friday
	Aboriginal Head Start Initiative	204-687-1311		57 Church Street, Flin Flon	
	Creighton Community Centre	306-688-6972		349 Main St, Creighton	
	Creighton Health Centre	306-688-8620		298 1st St E, Creighton	Monday- Sunday 8.00am -5.00pm
	Addictions Foundation Of Manitoba	204-687-1665		53 Main St, Flin Flon	
Mental Health Services	Name	Contact Number	Contact Person	Address	Timing
	Creighton Health Centre	306-688-8620		298 1st St E, Creighton	Monday- Sunday 8.00am -5.00pm
	Saskatchewan Health Line	Call 811			24 by 7
	Addictions Foundation Of Manitoba	204-687-1665 204-687-1770		53 Main St, Flin Flon	
	Mamawetan Churchill	306-688-8620		298 1st St E, Creighton	
	Flin Flon Clinic	204-687-6130		Flin Flon	
	Flin Flon General Hospital	204-687-7591		Flin Flon	
Indigenous / Cultural Supports	Name	Contact Number	Contact Person	Address	Timing
	Flin Flon Aboriginal Friendship Centre Inc	204-687-3900		57 Church St, Flin Flon	Monday- Friday 9.00am -5.00pm

	Creighton Community Centre	306-688-6972		349 Main St, Creighton	
	City of Flin Flon	204-681-7511		201 Ave, Flin Flon	Monday- Friday 8.00am -4.00pm
	Creighton Town Office	306-688-8253		300 1st St E, Creighton	Monday- Sunday 8.00am -8.00pm
Cross-Border Services	Name	Contact Number	Contact Person	Address	Timing
	Hope for Wellness Helpline	1-855-242-3310			24 by 7
	Non-Insured Health Benefits	1-866-885-3933			
Health Services	Name	Contact Number	Contact Person	Address	Timing
	Creighton Health Centre	306-688-8620		298 1st St E, Creighton	Monday- Sunday 8.00am -5.00pm
	Creighton Home Care	306-688-8630		298 1st St E, Creighton	
	Sk Public Health Clinics	(306) 688-3481		317 Second Ave, Creighton	
	Mamawetan Churchill	306-688-8620		298 1st St E, Creighton	
Financial Supports	Name	Contact Number	Contact Person	Address	Timing
	Creighton Town Office	306-688-8253		300 1st St E, Creighton	Monday- Sunday 8.00am -8.00pm
Business/ Services					
Restaurants	Name	Contact Number	Contact Person	Address	Timing
	Mike's Ice & Burger Hut	204-687-8600		1 Islands Dr. Flin Flon (Across from KFC)	10am-4pm Monday -Friday Seasonal (Late Spring to late summer depending on weather)
	KFC	204-687-6078		69 - 3rd, 3 Ave E, Flin Flon	11am-8pm Saturday -Thursday 11am-9pm Friday
	Dominos Pizza	204-687-4200		179 Green St, Flin Flon	11am-12am Friday -Sunday 4pm-12am Monday-Thursday
	McDonalds	204-687-7409		200 P.T.H. No 10A, Flin Flon (Walmart)	8am-9pm Monday-Saturday 9am-6pm Sunday
	Subway	204-687-5558		137 Main St, Flin Flon	6am-10pm Monday -Friday
	Flin Flon Friendship Centre kitchen	204-687-4525		57 Church St, Flin Flon	9am-3pm Monday - Friday
	Kelsey Dining Room (Vic Inn)	204-687-7555		# 160 Hwy 10-A north, Flin Flon	6:30-9pm Mon & Fri 7am-9pm Sat & Sun

	Chicken Chef	204-687-3779		130 Hwy #10 A South, Flin Flon	8am-10pm open daily
	The Orange Toad (Coffee & Baked goods)	204-687-5093		79 Main St, Flin Flon	7am-4:30pm Monday - Friday 10am-4pm Saturday closed Sunday
	The Copper Kettle (Prospector Inn Hotel)	306-688-1006		225 Creighton Ave, Creighton	8am-2pm & 4pm- 8pm Monday - Saturday 8am-2pm & 4pm-6pm Sunday
	Inferno Shawarma & Donair	204-687-8295		93 Main St, Flin Flon	11am-8pm Monday -Saturday Closed Sunday
	Aurora Bistro + Pine	204-687-7676		114 Main St, Flin Flon	5pm-11:30pm Wed - Fri 9am- 2pm, 5pm-2am Saturday 9am-3pm Sunday Closed Monday & Tuesday
Grocery Stores	Name	Contact Number	Contact Person	Address	Timing
	Walmart	204-687-7005		200 MB-10, Flin Flon	8am-9pm Monday- Saturday 9am-6pm Sunday
	Eddies Family Foods	306-688-3426		557 S Hudson St, Flin Flon	8am-7pm Monday- Wednesday, 8am- 8pm Thursday - Friday, 9am-6pm Saturday, 11am- 5pm Sunday
	Co-op	204-687-7548		100 Highway 10A, Ross St, Flin Flon	8am-7pm Monday- Wednesday, 8am- 8pm Thursday - Friday, 8am-6pm Saturday, 10am- 5pm Sunday
	Red Apple	204-687-4700		71 Main St, Flin Flon	9am-8pm Monday- Friday, 10am-5pm Saturday, 12pm- 6pm Sunday
	Asian Food Market	204-271-3445		116 Main St, Flin Flon	11am-6:30pm Monday- Wednesday 11am- 6pm Thursday 11am-7pm Friday 10am-6pm Saturday closed Sunday
	Baba's Bulk Bin	204-687-6072		135 Main St, Flin Flon	9:30am-5pm Tuesday-Saturday, Sunday & Monday closed
Other Retailers	Name	Contact Number	Contact Person	Address	Timing

	Canadian Tire	204-687-7887		170 Pth No. 10-A, Flin Flon	8am-8pm Monday- Saturday 9am-5pm Sunday
	Dollar Store with More	204-687-5946		108 Main St, Flin Flon	9:30am-6pm Monday-Saturday closed Sunday
	Warehouse One	204-687-8330		123 Main St, Flin Flon	10:30am-6pm Monday-Saturday, closed Sunday
	Dembo's Kick It	204-687-8577		60 Main St, Flin Flon	10am-6pm Monday-Saturday, closed Sunday
	Kleen All	204-687-5473		81 Hill St, Flin Flon	8:30am-5:30pm Monday-Friday
	Freedom's Way Thrift Store	204-687-4019		10 Main St, Flin Flon	10am-5pm Monday-Friday
	New to Me Thrift Store	204-687-7050		76 Channing Dr. Flin Flon	8:30am-4:15pm Monday-Friday
Mechanics	Name	Contact Number	Contact Person	Address	Timing
	Jason's Tire & Auto Repair Kal Tire	306-688-3500		232 Creighton Ave, Creighton	
	A&A Auto	204-687-4500		26 Main St, Flin Flon	8am-5pm Monday- Friday, closed Saturday & Sunday
	New Edge Auto	204-687-2886		248 Creighton Ave, Creighton	8am-5pm Monday- Friday closed Saturday & Sunday
	Alexander's Auto	204-687-6350		MB-10 Alt, Flin Flon	8am-5pm Monday- Friday, closed Saturday & Sunday
	Dwayne's Mobile Auto Glass	204-687-5075		95 Channing Dr, Flin Flon	8am-5pm Monday- Friday, closed Saturday & Sunday
	Napa Auto - Scorpio Bearing	204-687-8277		101 Callinan St, Flin Flon	8am-5pm Monday- Friday, 9am-1pm Saturday, closed Sunday
	Taylor Automotive	306-688-3311		513 Main St, Creighton	9am-5pm Monday- Friday, closed Saturday & Sunday

Learning Centres (Community-Based Delivery Locations)

Many Northlands programs are delivered directly within northern communities.

Because available services vary by community, students are encouraged to connect with Community Liaisons (local College representatives) who can assist in identifying available supports.

Asking for Help

Many students wait until a situation becomes overwhelming before seeking assistance.

Help is often most effective when accessed early.

If something is affecting your ability to succeed, reach out.

There are people who care and are ready to help.

[Ask for help!](#)

SECTION 13: STUDENT PLANNER & SUCCESS WORKBOOK

Turn your goals into practical weekly actions.

This planner is designed to help you organize classes, assignments, work, family responsibilities, appointments, finances, wellness, and career goals. Use it consistently rather than waiting until life becomes overwhelming. A few minutes of planning each week can help you see deadlines early, break large tasks into smaller steps, recognize pressure points, and make informed decisions about where you need support.

Use this section when you want to:

- Plan your semester, month, or week.
- Track assignments, exams, placements, and appointments.
- Set academic, personal, wellness, and career goals.
- Monitor progress and reflect on accomplishments.
- Prepare questions for meetings with instructors or staff.

[Continue Online](#)

Plan your year. Track your progress. Celebrate your success.

Planning for Success

Successful students have goals.

They also have plans.

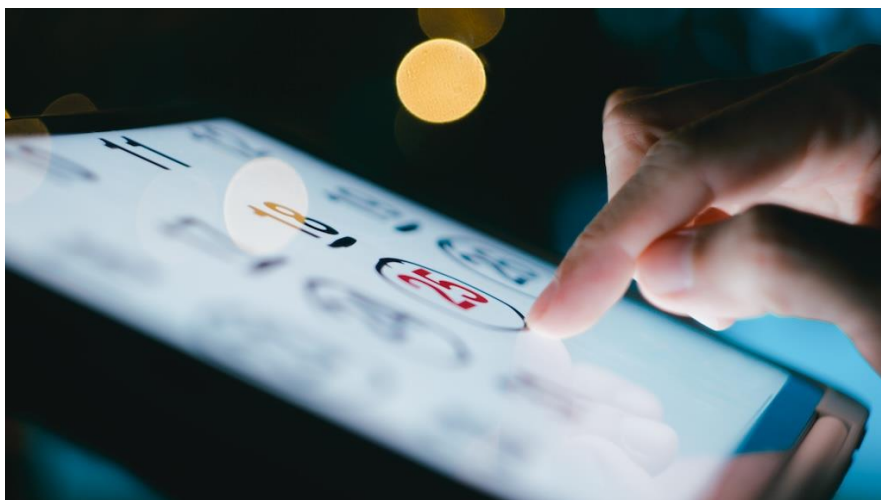
The purpose of this planner is to help students organize responsibilities, manage time, stay focused, and work toward personal, academic, cultural, and career goals.

Students should record:

- Program start dates Click or tap to enter a date.
- Holidays Click or tap here to enter text.
- Exam periods Click or tap here to enter text.
- Practicums Click or tap here to enter text.
- Clinical placements Click or tap here to enter text.
- Work placements Click or tap here to enter text.
- Important deadlines Click or tap here to enter text.
- Graduation milestones Click or tap here to enter text.

Your planner is a tool to support your success throughout the year.

Use it regularly.



START HERE: HOW TO USE YOUR PLANNER

Use this workbook to organize your responsibilities, manage your time, stay focused, and work toward your goals.

01	02	03	04	05
PLAN	PRIORITIZE	ACT	REFLECT	CELEBRATE
Record important dates and deadlines.	Identify what needs your attention first.	Break big goals into manageable steps.	Notice what is working and where you need support.	Recognize your progress and keep moving forward.
1.				
2.				
3.				
4.				
5.				

Remember: asking for help is part of success.

PLAN: MY ACADEMIC YEAR AT A GLANCE

Record the dates that matter most to your program, placement, work, and personal commitments.

PROGRAM Click or tap here to enter text.

CAMPUS Click or tap here to enter text.

ACADEMIC YEAR Click or tap here to enter text.

Important Dates

DATE	WHAT'S HAPPENING?

REFLECT: MY SUCCESS MAP

Success is more than one goal. Think about the people, practices, and priorities that help you move forward.

ACADEMIC SUCCESS

What will support me?

Click or tap here to enter text.

CULTURE & COMMUNITY

What will support me?

Click or tap here to enter text.

CAREER

What will support me?

Click or tap here to enter text.

PERSONAL GROWTH

What will support me?

Click or tap here to enter text.

WELLNESS

What will support me?

Click or tap here to enter text.

FINANCIAL WELLBEING

What will support me?

Click or tap here to enter text.

GOALS

My academic goal

Choose one goal that will make a meaningful difference this year.

THIS YEAR, I WANT TO...

Write your goal here.

WHY IS THIS IMPORTANT TO ME?

Click or tap here to enter text.

WHAT WILL SUCCESS LOOK LIKE?

Click or tap here to enter text.

My action plan

STEP	WHAT I WILL DO	WHEN?	SUPPORT



My personal & career goals

Think about the person you want to become and the opportunities you are working toward.

MY PERSONAL GOAL

How do I want to grow this year?

Click or tap here to enter text.

MY CAREER GOAL

What future opportunity am I working toward?

Click or tap here to enter text.

My next step

Click or tap here to enter text.

PLAN: MONTHLY PLANNING

Use this page at the beginning of each month to set your focus and capture the dates that matter.

MONTH	MY #1 PRIORITY	WELLNESS GOAL	FINANCIAL GOAL
Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.

Important dates

DATE	EVENT / DEADLINE

Monthly check-in

☐ Assignments

☐ Tests & exams

☐ Personal commitments

☐ Budget reminders

☐ Wellness

Reflection notes

Click or tap here to enter text.

PLAN: WEEKLY PLANNING

Plan your week before it starts. Keep your priorities visible and leave room for the unexpected.

[Week of](#) Click or tap here to enter text.

My top 3 priorities

PRIORITY	WHAT I WILL DO

Weekly schedule

DAY	CLASS SCHEDULES	ASSIGNMENTS / STUDY	APPOINTMENTS	WORK / PERSONAL

Weekly reflection

ONE THING I ACCOMPLISHED	ONE THING I LEARNED	NEXT WEEK I WILL

TRACK: ASSIGNMENT TRACKER

Keep every deadline in one place. Add a priority rating so you know what to tackle first.

COURSE	ASSIGNMENT	DUE DATE	PRIORITY	COMPLETED
		Click or tap to enter a date.	Choose an item.	☐
		Click or tap to enter a date.	Choose an item.	☐
		Click or tap to enter a date.	Choose an item.	☐
		Click or tap to enter a date.	Choose an item.	☐
		Click or tap to enter a date.	Choose an item.	☐
		Click or tap to enter a date.	Choose an item.	☐
		Click or tap to enter a date.	Choose an item.	☐
		Click or tap to enter a date.	Choose an item.	☐
		Click or tap to enter a date.	Choose an item.	☐
		Click or tap to enter a date.	Choose an item.	☐

My next deadline

Click or tap to enter a date.

EXPERIENCE: PRACTICUM & PLACEMENT TRACKER

Use this section to record hours, learning goals, accomplishments, and feedback.

PROGRAM	PLACEMENT SITE	SUPERVISOR
Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.

Hours log

DATE	HOURS	ACTIVITIES / LEARNING	SUPERVISOR INITIALS
Click or tap to enter a date.			
Click or tap to enter a date.			
Click or tap to enter a date.			
Click or tap to enter a date.			
Click or tap to enter a date.			
Click or tap to enter a date.			
Click or tap to enter a date.			
Click or tap to enter a date.			

My learning goals

GOAL	HOW I WILL WORK TOWARD IT

My accomplishments

Click or tap here to enter text.

FUTURE: CAREER PLANNING WORKBOOK

Explore interests, employers, skills, and the next steps that will move you toward your future.

MY CAREER INTERESTS

Click or tap here to enter text.

☐ Communication

☐ Technical skills

☐ Leadership

☐ Teamwork

☐ Digital skills

☐ Problem solving

☐ Other

Potential employers

EMPLOYER	JOB / CAREER	CONTACT / WEBSITE	NOTES



Scan to contact a [Learning Hub](#) Instructor for support.

FUTURE: RESUME, REFERENCES & PROFESSIONAL DEVELOPMENT

Use this page to keep your career materials current.

My resume needs updating

☐ Contact information

☐ Education

☐ Work experience

☐ Volunteer experience

☐ Skills

☐ Certifications

My references

NAME	ORGANIZATION	CONTACT

Professional development

OPPORTUNITY	DATE	WHAT I LEARNED
	Click or tap to enter a date.	
	Click or tap to enter a date.	
	Click or tap to enter a date.	
	Click or tap to enter a date.	

PREPARE: INTERVIEW PREPARATION

Use these prompts to prepare your examples, strengths, and questions before an interview.

TELL ME ABOUT YOURSELF.

Click or tap here to enter text.

WHY ARE YOU INTERESTED IN THIS POSITION?

Click or tap here to enter text.

WHAT ARE YOUR STRENGTHS?

Click or tap here to enter text.

WHAT QUESTIONS WILL I ASK THE EMPLOYER?

Click or tap here to enter text.

WELLNESS: WELLNESS JOURNAL

Pause. Check in. Notice what you need. Reflection encourages growth and self-awareness.

Date

Click or tap to enter a date.

Today I feel...

☐ Energized

☐ Calm

☐ Motivated

☐ Tired

☐ Stressed

☐ Overwhelmed

☐ Hopeful

☐ Other

My stress level — LOW ☐ ☐ ☐ ☐ ☐ HIGH

Click or tap here to enter text.

ONE THING THAT WENT WELL

Click or tap here to enter text.

ONE CHALLENGE I FACED

Click or tap here to enter text.

SOMETHING I AM GRATEFUL FOR

Click or tap here to enter text.

☐ Rest

☐ Connect with someone

☐ Spend time outdoors

☐ Move my body

☐ Eat well

☐ Ask for support

☐ Take time for myself

REFLECTION

Click or tap here to enter text.

SUPPORT: MY SUPPORT NETWORK

You do not have to do this alone. Write down the people and services you can turn to when you need support.

SUPPORT AREA	NAME / CONTACT	WHEN I MIGHT REACH OUT

WHEN I NEED HELP, I WILL...

Click or tap here to enter text.

REFLECT: LOOK HOW FAR I'VE COME.

Take a moment to recognize what you learned, achieved, overcame, discovered, and became.

LEARNED

Click or tap here to enter text.

ACHIEVED

Click or tap here to enter text.

OVERCOME

Click or tap here to enter text.

DISCOVERED

Click or tap here to enter text.

CONNECTED WITH

Click or tap here to enter text.

AM PROUD OF

Click or tap here to enter text.

MY NEXT CHAPTER

My next goal is... The first step I will take is...

Click or tap here to enter text.

Máhisi! Tiniki!

SECTION 14: STUDENT LEADERSHIP & ENGAGEMENT

Connect, contribute, lead, and belong.

Learning happens inside and outside the classroom. Events, cultural activities, volunteering, campus initiatives, peer relationships, community outreach, and leadership experiences can help students build confidence, communication skills, teamwork, professional experience, and a stronger sense of belonging. Opportunities may differ by campus and may change throughout the year, so students should check the online events calendar regularly.

Use this section when you want to:

- Find student events and campus activities.
- Volunteer at the College or in the community.
- Build leadership and employability skills.
- Participate in cultural and wellness opportunities.
- Become more connected to campus life.

[Continue Online](#)



Scan the [Events](#) code to see current activities, workshops, cultural opportunities, wellness initiatives, and gatherings. Scan the [Volunteer](#)



code to share your interest in volunteering or supporting student activities. The Hub describes participation as a way to build confidence, career-ready skills, community connections, and experience beyond the classroom.

More Than a Student

Students are important members of the Northlands College community.

Learning occurs not only in classrooms but through relationships, leadership opportunities, cultural activities, volunteer experiences, and community involvement.

Students are encouraged to actively participate in College life.



[Volunteer today!](#)



Why Get Involved?

Students who become engaged often:

- Feel more connected.
- Develop stronger networks.
- Gain valuable experience.
- Improve confidence.

- Strengthen leadership skills.
- Build employability skills.
- Enjoy a greater sense of belonging.

Participation enhances both the educational experience and personal growth.



Student Leadership

Leadership takes many forms.

Students do not need a title to be leaders.

Leadership can include:

- Supporting classmates
- Mentoring others
- Volunteering
- Participating in activities
- Contributing positively to the learning environment
- Being a role model

Every student has the potential to lead.



[Consider volunteering today!](#)

Student Ambassadors

Student Ambassadors help represent Northlands College and promote student success.

Responsibilities may include:

- Assisting at events
- Welcoming new students
- Sharing student experiences
- Participating in College initiatives
- Supporting recruitment activities



[Volunteer today!](#)

Peer Mentorship

Students often learn best from one another.

Peer mentors can help students:

- Navigate College life
- Understand expectations
- Build confidence
- Access resources
- Develop successful habits

Mentorship creates meaningful connections within the College community.



[Volunteer today!](#)

Cultural Engagement

Northlands College values the cultures, languages, histories, and traditions of Northern Saskatchewan.

Students are encouraged to participate in:

- Cultural celebrations
- Sharing circles
- Guest speaker events
- Traditional teachings
- Community gatherings
- Land-based learning opportunities

Engagement strengthens cultural understanding and community connection.



[Volunteer today!](#)



A local knowledge keeper demonstrates to youth how to clean a hide at Culture Days

[Volunteerism and Community Service](#)

Giving back to the community creates opportunities for growth, learning, and leadership.

Students may develop:

- Communication skills
- Teamwork skills
- Leadership abilities
- Community connections
- Professional experience

Volunteer experiences can also enhance resumes and future employment opportunities.



[Volunteer today!](#)

Leadership Through Service

One of the most powerful ways to lead is through service.

Students who support classmates, contribute positively to their communities, and help others succeed create stronger learning environments for everyone.

Leadership is not about position.

Leadership is about making a positive difference. [Volunteer today!](#)

SECTION 15: TECHNOLOGY & DIGITAL LEARNING GUIDE

Use College technology confidently, safely, and responsibly.

Technology is part of learning, communication, collaboration, and employment. This section introduces Moodle, Microsoft 365, Teams, student email, password safety, online learning habits, responsible digital behaviour, and appropriate use of artificial intelligence. Students who are new to technology are not expected to figure everything out alone. Learning Hub Instructors and IT personnel can help students access Moodle, develop digital skills, and resolve or route technical concerns.

Use this section when you want to:

- Set up and use Moodle.
- Access student email and Microsoft Teams.
- Submit assignments and locate online course materials.
- Improve your digital confidence.
- Understand cybersecurity, privacy, and responsible AI use.

[Continue Online](#)



Scan for Moodle, Microsoft 365, Teams, digital-learning support, workshops, and Northlands 101. [The Learning Hub](#) supports students online, at Canoe Campus, and by arrangement at other campuses.

Technology and Student Success

Technology is an important part of the student experience at Northlands College.

Whether you are learning in person, online, or through a blended delivery model, you will likely use technology to:

- Access course materials
- Submit assignments
- Participate in online learning activities
- Communicate with instructors
- Connect with classmates
- Access College information and resources
- Explore educational and career opportunities

Technology skills are also increasingly important in today's workplaces.

Developing confidence with digital tools is an important step toward academic and career success.

Digital Learning at Northlands College

Students may use a variety of technology tools throughout their studies.

These tools help support communication, learning, collaboration, and student success.

Your instructor will explain which tools are required for your courses.

Moodle

Moodle is Northlands College's Learning Management System (LMS).

Moodle serves as an online learning environment where students may access:

- Course materials
- Announcements
- Assignments

- Grades
- Learning resources
- Course communications

Many instructors use [Moodle](#) regularly to support teaching and learning.

Students are encouraged to access [Moodle](#) frequently throughout the semester.

Getting Help with Moodle

If you experience challenges accessing or using [Moodle](#), support is available.

Students may seek assistance from:

- [Learning Hub Instructors](#)
- [Information Technology personnel](#)
- Instructors
- Program Assistants

Do not wait until an assignment deadline to seek assistance.

Student Email

[Student email](#) is an important communication tool.

Students should regularly monitor their [email](#) for:

- College announcements
- Course information
- Instructor communications
- Important deadlines
- Student opportunities

Checking [email](#) regularly helps students stay informed and avoid missing important information.

Microsoft Teams

Some programs may use Microsoft Teams to support communication and learning.

Teams may be used for:

- Virtual meetings
- Online classes
- File sharing
- Group collaboration
- Student communications

Students are encouraged to become familiar with Teams and other digital collaboration tools used within their programs.

Online Learning Success

Online learning provides flexibility but also requires personal responsibility.

Successful online students often:

- Create a dedicated study space.
- Follow a routine.
- Log in regularly.
- Stay organized.
- Participate actively.
- Seek assistance when needed.

Digital Citizenship

Being a good digital citizen means using technology responsibly, respectfully, and safely.

Students are expected to:

- Communicate respectfully.
- Protect personal information.

- Respect the privacy of others.
- Follow College policies.
- Use technology ethically.

The same standards of professionalism that apply in the classroom also apply online.

Protecting Your Information

Students should take steps to protect their personal information by:

- Creating strong passwords.
- Keeping passwords confidential.
- Logging out of shared devices.
- Being cautious when sharing information online.
- Reporting suspicious activity.

Protecting your information helps maintain a safe learning environment.

Using Artificial Intelligence Responsibly

Artificial intelligence tools are becoming increasingly common in education and employment.

Students should use AI in ways that support learning rather than replace learning.

Responsible use includes:

- Following instructor expectations.
- Verifying information.
- Thinking critically.
- Acknowledging sources when appropriate.
- Maintaining academic integrity.

Technology should strengthen learning, not replace it.

Digital Skills for Career Success

Many employers expect employees to be comfortable using technology.

Students are encouraged to develop confidence in:

- Email communication
- Online collaboration
- Digital file management
- Online research
- Learning management systems
- Workplace technology tools

The digital skills students develop today can support future educational and employment success.

SECTION 16: GRADUATION, EDUCATIONAL PATHWAYS & LIFELONG LEARNING

Celebrate what you have achieved and plan what comes next.

Graduation recognizes commitment, growth, resilience, and achievement, but it does not need to be the end of your Northlands journey. Your current program may lead to employment, another College program, advanced training, university studies, professional development, or community leadership. Students are encouraged to speak with their Program Coordinator, Student Advisor, instructors, and the Learning Hub before completing their program so they can explore next steps and application requirements early.

Use this section when you want to:

- Prepare for program completion or graduation.
- Understand partner-institution credential processes.
- Explore program laddering and further education.
- Plan your transition to employment.
- Stay connected through lifelong learning and alumni opportunities.

[Continue Online](#)

Scan **[Academic Advising](#)**



to explore program choices, course planning,

applications, and educational pathways. Scan the **[Learning Hub](#)**



for

employment preparation. Scan **[Registrar Services](#)**



for completion,
credential, graduation, convocation, and partner-institution direction.

Celebrating Your Achievement

Graduation represents the successful completion of a significant educational journey.

It reflects:

- Commitment
- Determination
- Growth
- Resilience
- Learning
- Achievement

Every course completed, challenge overcome, and goal achieved contributes to this accomplishment.

Graduation is a moment to celebrate your hard work and the support provided by family, friends, instructors, Elders, classmates, and communities.



Preparing for Graduation

As you approach the completion of your program, it is important to:

- Review program requirements.
- Monitor your academic progress.
- Meet with your [Academic Advisor](#) and Program Coordinator if needed.
- Ensure all program requirements have been completed.
- Confirm that financial obligations have been addressed.
- Review graduation application requirements (university studies).

Students are encouraged to [seek clarification](#) early if they have questions regarding graduation eligibility.

Education as a Journey

At Northlands College, graduation is not always the end of learning.

For many students, it is the beginning of the next step in their educational journey.

Learning creates opportunities.

Each credential earned can open doors to additional pathways and future possibilities.

Educational Pathways at Northlands College

Northlands College offers a variety of complementary educational opportunities that can help students continue building their knowledge, skills, and credentials.

Many students choose to continue their education after completing a program.

Examples may include:

Adult Basic Education to Post-Secondary Programs

Students who complete upgrading programs may choose to pursue certificate, diploma, trades, health, business, university studies, or other post-secondary opportunities.

Adult Basic Education to Skilled Trades

Students may build foundational skills through Adult Basic Education before entering trades training programs.

Certificates to Diplomas

Some students continue their education by pursuing additional credentials that expand career opportunities and professional growth.

University Studies Pathways

Students may use University Studies as a stepping stone toward degree completion and future academic opportunities.

Workforce Training and Continuing Education

Students may pursue additional training throughout their careers as workforce needs evolve.

There is no single pathway to success.

Northlands College encourages students to [explore educational opportunities](#) that align with their goals and interests.

Creating Your Educational Pathway



Students are encouraged to discuss future opportunities with:

- Program Coordinators
- [Student Advisors](#)
- [Learning Hub Instructors](#)
- Instructors

- [Any other College staff](#)

These conversations can help students identify educational and career opportunities that fit their individual goals.

Not sure where to start? [Send us your question!](#)

Lifelong Learning

Learning does not end at graduation.

Successful people continue:

- Developing skills.
- Exploring new opportunities.
- Building knowledge.
- Seeking new experiences.
- Growing personally and professionally.

Lifelong learning helps individuals adapt to changing workplaces, evolving communities, and new opportunities.

Not sure where to start? [Send us your question!](#)

Giving Back to Community

Education creates opportunities not only for individuals but also for families, communities, and future generations.

Northlands College encourages graduates to:

- Share knowledge.
- Support others.
- Mentor future students.
- Contribute to their communities.
- Honour their culture and values.
- Lead through service and example.

The future of Northern Saskatchewan depends on people who are willing to learn, grow, and contribute.

Alumni and Continuing Connection

Graduation does not mean leaving the Northlands College community.

Graduates remain part of a network of students, educators, community partners, and supporters who contribute to the ongoing success of the College and the North.

We hope that you remain connected, continue learning, and continue building a brighter future for yourself and your community.

Final Reflection

Before completing this handbook, take a moment to reflect:

What am I most proud of?

Click or tap here to enter text.

What have I learned about myself?

Click or tap here to enter text.

What goals will I pursue next?

Click or tap here to enter text.

How will I use my education to make a positive difference?

Click or tap here to enter text.

A MESSAGE TO FUTURE YOU

Dear Future You,

As you reach the end of this handbook, take a moment to pause.

Think about where you are today.

Think about the goals that brought you to Northlands College.

Think about the person you hope to become.

Perhaps you are beginning your educational journey.

Perhaps you are returning to school after many years.

Perhaps you are balancing your studies with work, family responsibilities, community commitments, or personal challenges.

Whatever your path, know this:

You belong here.

Your decision to pursue education is an act of courage.

It takes courage to try something new.

It takes courage to ask questions.

It takes courage to overcome setbacks.

It takes courage to believe in yourself when things feel difficult.

There may be moments during your time at Northlands College when the path ahead seems challenging.

There may be assignments that feel overwhelming.

There may be days when you doubt yourself.

There may be obstacles you did not anticipate.

During those moments, remember why you started.

Remember the dreams you carry.

Remember the people who believe in you.

Remember that growth often happens during difficult seasons.

Most importantly, remember that asking for help is a sign of strength, not weakness.

You are surrounded by people who want to see you succeed.

Your Student Advisor.

Your Program Coordinator.

Your instructors.

Your Learning Hub Instructor.

Your Elder-in-Residence or Knowledge Keeper.

Your classmates.

Your family.

Your community.

You are not expected to walk this journey alone.

As you move forward, challenge yourself to learn with curiosity.

Lead with integrity.

Treat others with respect.

Take pride in your culture, your identity, and your experiences.

Stay connected to your values.

Celebrate your progress, even when it feels small.

Every class attended.

Every assignment completed.

Every challenge overcome.

Every skill developed.

Every step forward matters.

Education is about more than earning a credential.

It is about building confidence.

It is about discovering strengths.

It is about creating opportunities.

It is about preparing for a future that reflects your goals, your values, and your aspirations.

At Northlands College, we believe that education has the power to transform lives, strengthen communities, and create opportunities for future generations.

Your success matters.

Not only for you, but for your family.

For your community.

For your Nation.

For Northern Saskatchewan.

One day, you will look back on this chapter of your life and recognize how much you have grown.

You may continue into another program.

You may pursue further education.

You may begin a career.

You may become a leader in your workplace, community, or profession.

You may inspire others to follow their own educational journeys.

Whatever path you choose, we hope you continue learning, growing, and striving toward your goals.

Never stop believing in your potential.

Never stop investing in yourself.

Never stop learning.

And never forget that your story is still being written.

We are honoured to be part of your journey.

From everyone at Northlands College, we wish you success, wellness, happiness, and fulfillment in all that lies ahead.

Keep moving forward.

Your future is waiting.

- **Northlands College**

Developing students to live, work and succeed in Northern Saskatchewan.



Students First. Every Campus. Every Student. Every Time.