Hey there,

I would like to tell you about a book, called Memory Serves, by Lee Maracle, and why this book is important to me.

Lee is an Indigenous author, and she writes from an Indigenous perspective, and that is what struck me. Our schools are dominated by Eastern and Western thought and perspectives, but how often do you hear about the perspectives and cultures that are neither of those, and are caught in between? I am Métis, but I am also very white. This book helped me to explore non-white perspectives, while also allowing for me to connect with my own Indigenous heritage.

The best thing you can do for yourself during your time at this university is to challenge yourself. Step out of your bubble at every opportunity, live new experiences, meet new people, and most importantly, challenge your thinking.
I've been at this university for three years, as a History major, and it was only this last summer while reading this book that I felt challenged in this way. Stepping out and embracing new ways of thinking is easier for some of us than for others, but it's always going to be worth it to push yourself.

A valuable thing you can do is to surround yourself with people who want to share those experiences, and grow alongside you. It might be difficult or daunting at first to push yourself into new social circles or situations, but trust me, it gets easier, and once you establish yourself, the sky's the limit.

Don't let yourself fall through the cracks and don't be afraid to reach out. The world is good, people are good, and you can always find empathy or support if you look for it. You're going to do great,

Nicholas Grant