



ROLE MODEL BIO: Amber Crittenden is the daughter of Troy Crittenden and Juanita Nielsen, the granddaughter of Paul Nielsen and Jenny Monkman, and the great granddaughter of Joseph Monk (Monkman) and Kitty Boucher (maternal side). She is Métis and a member of the Métis Nation of Alberta. Amber has a diverse background of Plains Cree, Lakota Sioux, Danish and French. She was born in Nelson, British Columbia and spent the first few years of her life in the Kootenays, Kaslo specifically. During grade one her family moved to Treaty 6 territory in Alberta (Wetaskiwin), where she spent most of her life growing up. Amber currently resides on Vancouver Island with her partner and two dogs. She is a recent graduate from Vancouver Island University with a Bachelor of Arts in Anthropology and a minor in Indigenous/Xwulmuxw Studies.

LEARNING GOALS:

- I will make connections between a role model's life experiences and my own

SUCCESS CRITERIA:

- I can identify 3 specific actions that helped Amber achieve her goals
- I can connect examples of these themes to my actions in my own life

IDENTIFY *Some of the themes below are discussed in the Fireside Chat with Amber Crittenden.*

motivation & goal setting perseverance positive influences
community self worth mentorship

How have these themes have been present in Amber's life?

- Listen to the interview
- Record notes of relevant themes and examples

CONNECT *Reflect on your own journey. Where do these themes appear in your own life?*

Discuss with a friend or family member. Record your connections in writing, drawing or with music.

"I wish someone told me that it wasn't going to be a linear process and that it was going to be a journey"

- Amber Crittenden

EXTEND *Reflect on Amber's connection to her community through the Community Cousins program.*

How would a program like this help you in college/postsecondary?